Tribal Cooking

Traditional Stories
and Favorite Recipes
2nd Edition

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Minwanjigewin* Nutrition Project
Great Lakes Inter-Tribal Council, Inc.
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The Minwanjigewin Nutrition Project is a community-based nutrition education program for increasing knowledge of good nutrition for tribes in Wisconsin. The project employs Community Nutrition Assistants at six tribes. Community Nutrition Assistants are tribal members who provide nutrition education for Minwanjigewin.

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*In Ojibwe, "to eat something that tastes good and is good for you."

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Healthy Tips

Survival of the Native American people depends on good health. Each of us has the power to contribute to the future of the Native American people. That power lies in being a healthy nation. The three major contributors to heart attacks are high blood cholesterol, high blood pressure and cigarette smoking. Other factors are diabetes, overweight, lack of exercise and a family history of heart disease. Being aware of these factors now may prevent health problems later.

On the pages to follow are some suggestions to help reduce the cholesterol, fat, saturated fat, sugar and/or sodium in your diet.

- Reduce the amount of meat in the recipe by one-half. If a recipe calls for one pound use a half-pound. A serving of meat is 3-4 ounces or about the size of a deck of cards.

- When buying red meat, choose the leanest cuts. For beef, buy cuts of meat that have the words round or loin (sirloin, round steak, eye of round, etc...). For pork, buy center cut ham and Canadian bacon.

- Use nonstick spray instead of oil to brown meat.

- Instead of frying, try broiling, baking, grilling, roasting or stewing the foods.

- Brown, drain, rinse ground meat under hot running water and blot with paper towels before adding the meat to recipe.

- Replace the flavor of bacon with liquid smoke (about 1/4 teaspoon for two slices).

- Remove the skin from chicken before cooking.
- Trim off all visible fat on the outside and throughout the cut of meat before cooking.

- Replace half the meat in casseroles or meat sauces with cooked wild rice, bulgur, cooked dry beans, extra noodles and/or vegetables.

- Rather than buying expensive luncheon meats that are high in salt and fat, make your own by baking chicken or roasting a turkey with the skin removed and slicing it thinly.

- Instead of using fat for sautéing meats and vegetables (onions, celery, mushrooms, garlic, etc...), use nonstick cooking spray, chicken or beef broth, water, or cooking wine. If oil is used, use no more than 1 tablespoon for sautéing.

- Replace canned cream of mushroom soup with a combination of 1 cup evaporated skim milk, 1 tablespoon cornstarch and 1 envelope instant onion-mushroom soup mix. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. To replace canned cream of chicken or beef soup add 1 teaspoon instant (preferably low-sodium) bouillon granules instead of soup mix.

  You may also want to try this dry cream soup recipe:

  Dry Cream Soup Substitute:

  2 cups Nonfat Dry Milk Powder
  3/4 cup Cornstarch
  1/4 cup Chicken Bouillon Powder
  2 tablespoons Dried Onion Flakes
  1 teaspoon Thyme
  1 teaspoon Basil
  1/2 teaspoon Pepper

  Combine and keep in covered container. TO USE: combine 1/3 cup mix with 1 1/4 cups water in saucepan. Cook and stir until thickened. This is equivalent to one can of cream soup and can be used in any recipe calling for cream soup. Makes nine 10-ounce cans of soup. May be flavored with chicken, broccoli, celery, mushrooms, or as desired for flavored soup.

- Before serving soups, stews and gravies, skim off and discard hardened fat. Chill soups and stews before serving so you can easily remove the fat on the surface.

- Use margarine instead of butter, lard, bacon grease or shortening for frying. Choose a liquid vegetable oil instead of a solid shortening and use one-fourth less than the recipe specifies.

- Use two egg whites instead of one whole egg.

- If the recipe calls for salt; use half the amount or less.

- Salt may be left out of most recipes. Add in other herbs and spices to enhance the flavor.

- Do not add salt when cooking pasta, noodles, rice or hot cereal.

- Choose fresh or low-sodium food products (canned vegetables, soups, tomato products, broths, seasonings, etc...) to be used in recipes.

- Cold oil is absorbed more easily than hot. Always heat oil before sautéing or frying foods.

Helpful Hints

Ingredient in recipe:	Substitute:
1 teaspoon baking powder	¼ teaspoon soda plus ½ teaspoon cream of tartar
1 medium onion	2 tablespoons dry minced onion OR 1 teaspoon onion powder OR 2 teaspoons onion salt
1 clove garlic	1/8 teaspoon garlic powder OR ¼ teaspoon garlic salt
1 tablespoon fresh herbs	1 teaspoon dried herbs OR ¼ teaspoon powdered herbs OR ½ teaspoon herb salt
1 tablespoon prepared mustard	1/2 teaspoon dry mustard plus 2 teaspoons vinegar

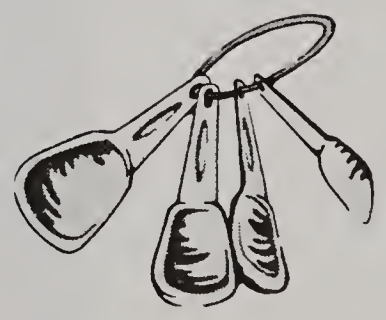
1 cup miniature marshmallows or 10 large marshmallows, cut up

Simplified Measures

dash = less than 1/8 teaspoon
3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
2 cups = 1 pint
2 pints (4 cups) = 1 quart
4 quarts (liquid) = 1 gallon
16 ounces = 1 pound

If you need to measure partial cups by the tablespoon, remember:

4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
10 2/3 tablespoons = 2/3 cup
12 tablespoons = 3/4 cup
16 tablespoons = 1 cup



Also:
1 pound flour = 4 cups flour
8 - 10 egg whites = 1 cup egg whites
12 - 14 egg yolks = 1 cup egg yolks

If the recipe calls for:	Substitute with:
1 cup Butter, Lard or Shortening	1 cup Margarine or 3/4 cup Vegetable Oil
2 Whole Eggs	1 Whole Egg plus 2 Egg Whites
1 cup Buttermilk	1 cup Skim Milk plus 1 tablespoon Vinegar or Lemon Juice
1 cup Whole Milk	1 cup Skim Milk
1 cup Cream	1 cup Evaporated Skim Milk
1 cup Sour Cream	1 cup Plain Nonfat Yogurt or 1 cup Low fat Cottage Cheese blended with 1 tablespoon Lemon Juice
10.5 ounce can Cream Soup	1/3 cup Dry Cream Soup Substitute mix with 1 1/4 cup Water (recipe on preceding page)
1 ounce (1 square) Baking Chocolate	3 tablespoons Powdered Cocoa plus 1 tablespoon Oil
8 ounces Cream Cheese	8 ounces Reduced Fat Cream Cheese
1 cup Low fat White Sauce	1 cup Thick: 2 tablespoons Margarine, 2 tablespoons Flour, 1 cup Skim Milk 1 cup Thin: 2 tablespoons Margarine, 1 tablespoon Flour, 1 cup Skim Milk

Sugar	Use 1/2-1/3 of the amount called for in the recipe. Adding vanilla, cinnamon or nutmeg will give the flavor of sweetness without adding calories.
Fat	Use no more than 1-2 teaspoons of added oil or fat per cup of flour or equal amounts of applesauce substituted for oil in baking. To compensate for reduced fat, increase a low fat moist ingredient like water or juice to add moistness.
Salt	Reduce amount. Try spices and herbs.

Wild Game a Healthy Catch

Most wild game has less fat than domesticated animals. Factors affecting the fat content of individual animals include age, diet, living conditions and exercise. Game animals usually get more exercise--which makes their meat leaner and sometimes less tender. Compare the nutrition information in a 3.5-ounce serving of meat (skin removed)*.

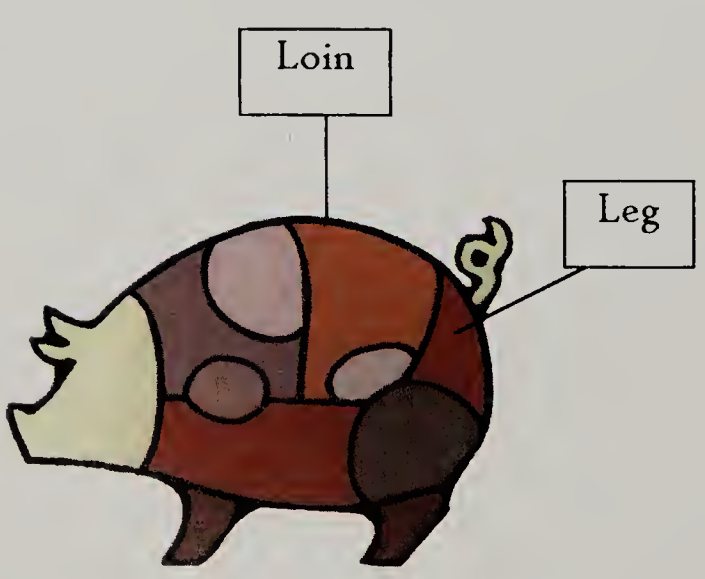
	Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Calories
Turkey, Wild, Breast	1.1	-	55	-	121
Bison	2.4	0.9	82	57	143
Chicken, Breast	2.9	0.8	73	59	144
Venison (lean only)	3.2	1.3	112	54	173
Pheasant, Breast	3.3	1.1	-	37	133
Rabbit, Wild	3.5	1.1	123	45	173
Squirrel, Roasted	4.7	0.6	121	119	173
Beaver, Roasted	7.0	-	-	59	212
Duck, Roasted	11.2	4.2	89	65	201
Muskrat, Roasted	11.6	-	120	94	232
Bear, Simmered	13.4	-	-	-	-
Beef (Tenderloin)	14.3	5.5	85	61	244
Raccoon, Roasted	14.5	-	-	-	255

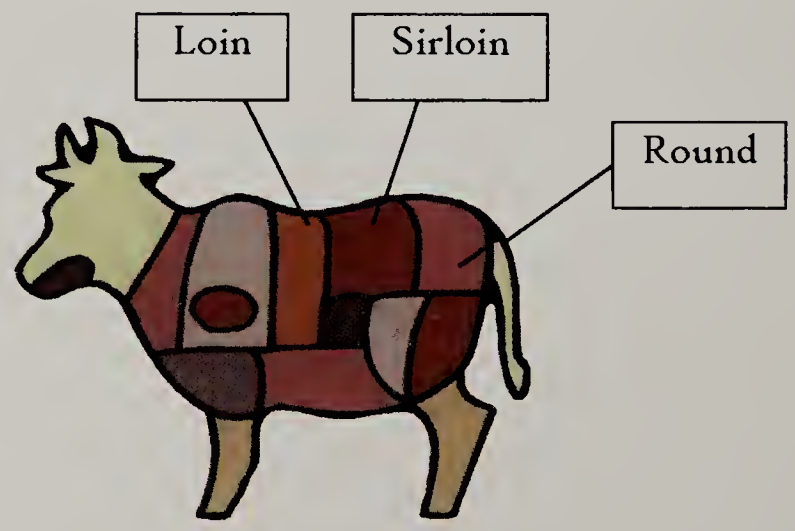
- Information not available

* From *Food Values of Portions Commonly Used.* 16th edition. New York: Harper and Row, 1994.

Choose Lean Cuts

Even within the same animal, there will be lower fat content cuts of meat. The areas highlighted in the diagrams below represent lower fat cuts of meat in pork and beef.





DAILY FOOD GUIDE

A Guide to Food Choices

Number of servings to have per day from each food group:

- Fruit Group 2-4 servings
- Vegetable Group 3-5 servings
- Meat, Fish, Poultry, Eggs, Beans, Nuts Group 2-3 servings
- Bread, Cereal, Rice, Pasta Group 6-11 servings

Fats, oils, & sweets: USE ONLY A LITTLE

Breast milk: Breast milk for all infants from birth to one year or older. Solid foods introduced around 6 months of age.

Dairy: Dairy products were not a traditional food. They provide calcium and vitamin D. Some Native people cannot tolerate dairy products because the person lacks an enzyme that breaks down the "milk sugar" or lactose. Native people obtained calcium from alternate sources such as bone soup or broth, fish head soup, salmon with the bones, coush, camas, or wild carrots, oysters or clams, leafy greens like dandelion leaves. Today, calcium fortified orange juice, leafy green vegetables, dried beans, canned salmon with the bones or supplements can help native people get the right amount of calcium. If you tolerate dairy products, 2-3 servings a day are recommended. One serving equals I cup of milk, I 1/2 oz. cheese, I cup yogurt, 2 cups cottage cheese.

Water: Water is a natural resource and given to Native people by the Creator. Teas were made with a variety of plants. 8-10 glasses of water a day are recommended.

Extras- Fats and Sweets: These foods provide lots of extra calories, but very few of the vitamins and minerals needed by the body to function well. Foods like butter, margarine, salad dressing, soda pop, kool-aid, sport drinks, pies, cakes, desserts, sugar, honey, candy, fried foods, chips or fry bread are recommended in very small amounts. Traditional fats and sweets include animal fat, fish oil, honey and maple syrup.

Food Safety

People can become ill from food if it is stored, prepared, or cooked improperly. Bacteria themselves or chemicals they produce can cause fever, nausea, vomiting, or diarrhea. Bacteria are present naturally in foods. They reproduce most readily in the temperature range of 40° to 140° F. This zone is known as the Danger Zone. A general rule of thumb is to keep hot foods hot and cold foods cold. A food temperature chart on the next page shows the right temperatures for foods.

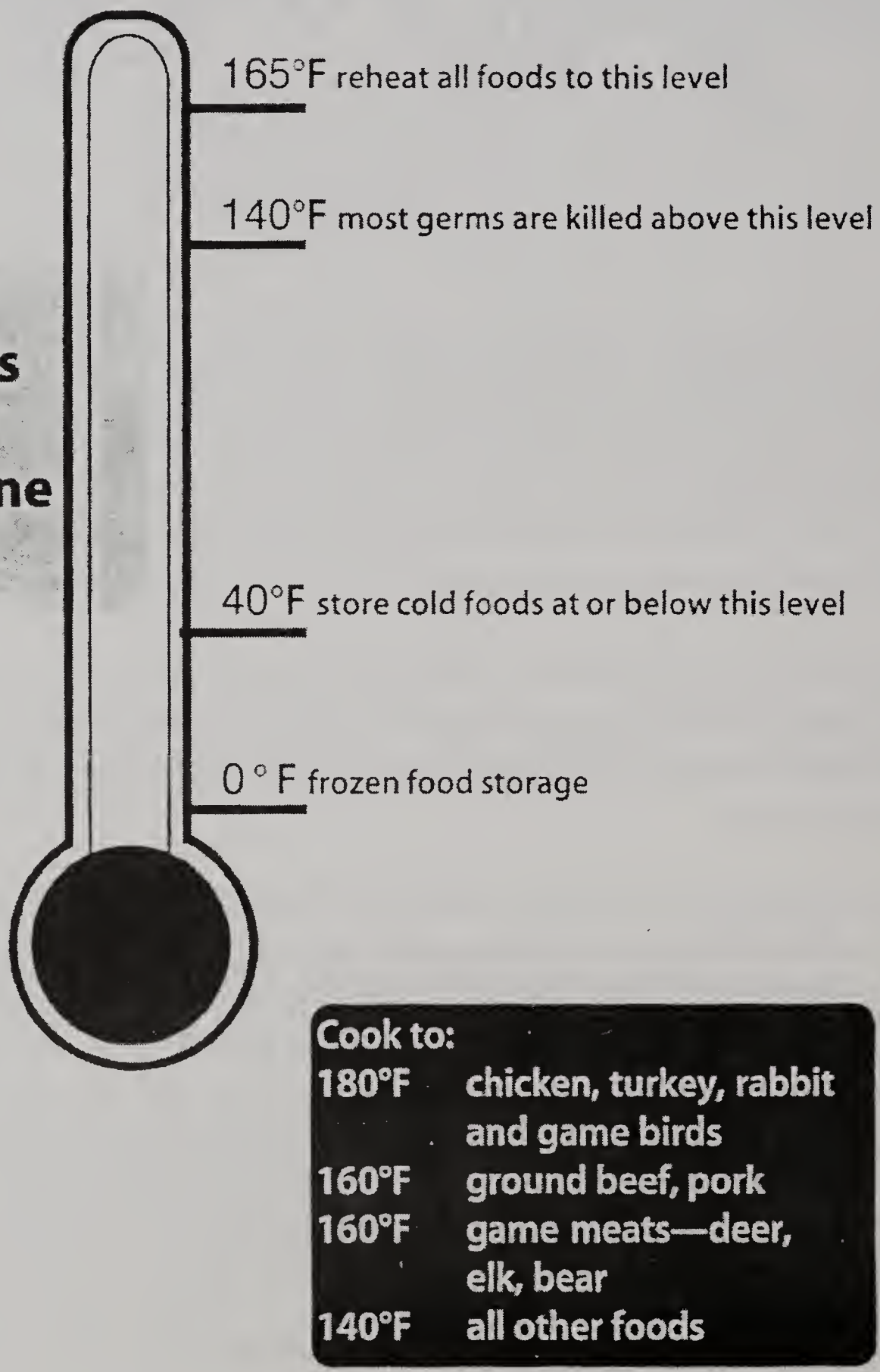
In order to prevent food borne illness you should store foods, including fresh meats, dairy, certain fruits and vegetables, and leftovers, below 40° F. You should check the temperature of your refrigerator to make sure your refrigerated foods are outside of the danger zone.

When working in the kitchen, wash your hands frequently. When preparing fresh meats, clean all knives, cutting boards, counter tops, bowls, and utensils that have come in contact with raw meat before using those utensils or workspaces again. Wash your hands before and after handling raw meats.

A good thermometer is a must in any kitchen. Make sure you cook meats to an internal temperature above 140° (155° - 170° F is a good goal.) Do not let raw or cooked meats stand in the food temperature danger zone any longer than two hours. This means defrosting frozen meats in the refrigerator, not on the counter. This also means cooked meats should be either eaten or refrigerated. For stews, soups, and casseroles, it is necessary to place them in shallow pans to allow for quick cooling.

Following these guidelines will minimize your risks of getting sick from the foods you eat. Keep your kitchen safe and enjoy the results of these delicious recipes!

Food temperatures



Courtesy of "Honor the gift of food", Portland Area Diabetes Program and Northwest Indian College Nutrition Assistant Program, 1995.

A Story of Winaboozhoo

The Discovery of Wild Rice

By Joseph Chosa, Lac du Flambeau Ojibwe

Winaboozhoo is an Ojibwe legend. Legend says Winaboozhoo was living with his Grandmother and was a leader of his people. Because winter was drawing near and his people often had a difficult time finding enough food for the long season, Winaboozhoo felt he had to find a way to help them. He went into the deep woods to build a shelter and prayed to the creator fasting for three days. On the fourth day he was still pondering what to do. Walking through the woods, he came to a riverbank and followed the river still wondering how to overcome his dilemma. He walked until it became dark and he was exhausted. He sat down to rest upon the bank of the river and promptly fell asleep. He then woke up and on the shimmering moonlit water he could see the feathers of dancers swaying back and forth and the sound of shuffling feet dancing in a rhythm.

He asked the dancers if he could join them in their dance. He danced along the shore until he was again exhausted and again fell asleep.

When Winaboozhoo awoke it was daytime and he saw for the first time what appeared to be grain growing along the shoreline. He waded into the shallow water to investigate the grain. He realized it was the tassels on the stalks of grain he had seen swaying in the breeze and not the feathers of dancers and said, "How foolish I have been."

But Winaboozhoo then tasted the grain and at that time knew this was the answer to his prayers and that this grain (which came to be named anishinabe manomin or Indian Rice today known as Wild Rice) would sustain his people in the long months ahead. Wild rice has since been a mainstay of the Native American diet used as a food staple and in ceremonial gatherings.

Joe Chosa and "Laddie"

Gathering And Processing Wild Rice

By Joseph Chosa

Wild rice grows in rivers and lakes with a mud bottom, usually 2 to 6 feet in depth. Wild rice looks very much like wheat. The season for gathering wild rice is usually in the fall, from August 25 through September 15. Rice should be harvested only when it is ripe. To try to gather wild rice before it is mature could ruin the bed for future gathering.

Before the start of wild rice gathering each day of harvest, an offering of tobacco and prayer of thanks is said to the creator for the rice itself, the opportunity to be able to rice, and the good fortune for the beginning of another day. Each day when the gathering is completed, another prayer of thanks is said to the creator for the rice collected that day.

Wild rice is gathered by using a canoe or small flat-bottomed boat designed for picking rice. Two well rounded sticks approximately 38" long are used to knock the rice into the boat.

It takes two people to efficiently gather rice. One person does the picking or "knocking" of the rice into the boat. The other person uses a long forked pole to propel the boat or canoe through the bog or rice bed. Both are extremely hard and steadfast work.

After the rice has been gathered, it is spread on a plastic sheet (in prior years, deer hides sewn together were used) to dry in the sun for a day or two. The rice is also cleaned of excess stock and other foreign material at this time.

The next step of the wild rice harvesting process is roasting or curing the rice. This is done by placing the rice in a large container over a bed of hot coals. A small flat paddle or stick is used to stir the rice. Care is exercised not to overheat the container or rice as if it becomes too hot it will pop like popcorn. Solid copper kettles were often used as the container for conduction of heat. These containers were used specifically for roasting wild rice.

The next step is the threshing operation. Threshing is the careful removal of the hull of the rice. It has always been tradition to make new moccasins out of deer hide to be used only for this operation. The rice is placed in a short cask or small barrel made out of wood staves.

The cask is placed in a hole in the ground lined with canvas or tarpaulin. Rice is threshed by using a circular grinding motion with the feet. This loosens the hull from the kernel. This portion of the harvest is often referred to as "dancing on the rice."

The final portion of the wild rice harvest is to remove the kernel from the chaff. This is called the winnowing operation. A birch bark basket made for this purpose exclusively is used to toss and catch the rice in the basket. This tossing motion removes the chaff from the kernel by causing the light chaff to be released into the air while the heavy kernel falls into the basket. This "fanning" of the rice is repeated until the rice is free of hulls or chaff. After the majority of the rice seems to be free of its hull after repeated tossing, the rice is hand cleaned to insure there are no more pieces of the chaff in the finished product.

The above-mentioned methods are the traditional methods of wild rice harvest. Conventionally, motor driven machines are used for the majority of the roasting and threshing process by many gatherers. Wild rice used for ceremonial purposes is always done in the traditional fashion.

Needless to say, the wild rice harvest was and is no easy job. Because of the abundance of wild rice and the endless patience of the natives during the harvest, many winters seemed less long with wild rice as one of the mainstays in the Native American diet.

Maple Sugar Story (Humorous)

By Gi-way-din-o-ginew, Red Lake Ojibwe

A long time ago, long before the white man came is the story of Mr. & Mrs. Nanaboozhoo and the maple syrup.

One day, early in the morning the Mrs. was heating up the ol' snapping turtle frying pan and on the old wood stove. She then said, "I think I'll make some pancakes today." She looked in the cupboard and said, "Oh, my, we're all out of honey, Honey! Would you please go down to the *Beshig Wabik Wigamig*, (the dollar store) and buy some more or just pick up some of the old Log Cabin Syrup." Well it was nice out and Mr. Nanaboozhoo said okay. She gave him a dollar and away he went, she said, "Hurry back or these hotcakes will be cold." He said "Alright, Okay, Jeez." Well in the way to the *Beshig Wabik* Store, he decided to keep the dollar for a pool game or two, so he put the dollar in his pocket and went into the woods to look for a beehive. When he finally saw one, he went over to fill up his birch bark jar. Well Mr. Bee was sitting on the ground with all of his buddies looking mighty sad and Nanaboozhoo said, "*Ahneen dush*:, What's wrong?" The bees said, "Mr. *Makwa* was here last night when we were asleep and cleaned us out." Nanaboozhoo said no honey huh? "Nope" said the bees. Nanaboozhoo said and I suppose there's not a beehive around for miles, huh? "You've got that right," said the bees.

Nanaboozhoo wanted to shoot pool later, so he asked the bees, "Hey, anything else sweet enough to put on my pancakes?" Then Mr. Bee said "*Iwedi*, over there, he was pointing with his lips at some Maple trees. "Nah, I don't believe you," said Nanaboozhoo. Mr. Bee said, "Yep, it's the Bezzzzt tasting stuff around, the sap that is. I hear you can gather a lot and boil it and you'll have syrup." "Ok," said Nanaboozhoo and he said "Bee seeing ya!" He then went and took his jar and carved a piece of the tree until he got sap. It was sweet and good so he made a spigot and filled up his birchbark jar. But it took a long time. He then used water to boil up the sap, but he had to add more water because he wanted real sweet syrup. It took a lot of water and boiling and a couple of days. He thought, not only is my syrup in hot water, so am I. "Boy is the Mrs. gonna hit the birchbark ceiling when I get home. Well he finally boiled it just right and went home. Sure enough, she was *mindaway* (mad). She said "Where the H*** have you been?" He said, "I have something better than honey, I have some maple syrup." The Mrs. decided to try it on the old pancakes from a couple of days ago. "Not bad" she said as she took the first bits and then another. She said, "hey, can you get some more of this?" Nanaboozhoo said "*Gayget*(sure) but instead of me bringing back one container, let's get a whole bunch and sell them at the *Beshig Wabik* store!" They looked at each other and smiled. Now Mr. Nanaboozhoo said, "In order to do this, we have to stick together."

Ziinzibaakwad - Sugar (Maple)

Researched by Phyllis Wyse

Sugar making—ishkwaamizige -happened for several weeks during zhwigun, spring. Anishinaabe people rarely used salt. Sugar was a basic seasoning for grains and breads, stews, teas, berries, vegetables. Large amounts were made during the few weeks each spring when the maple sap ran. It takes about 30 to 40 gallons of average maple sap to boil down to one gallon of syrup. Sap buckets were hung on the sunny side of a free-flowing tree and these buckets might fill in an hour. Since there would be several taps, everyone was kept busy running pails of sap to the boilers all day whenever it was sunny and the sap ran.

40 gallons of sap reduces to about 3 quarts of sugar when further heated in a smaller kettle of pail. Sugar was made in two forms. Thick syrup for hard sugar was scooped before it granulated from the final billing kettle and poured onto ice or snow to solidify. Then it was packed tightly into shells or birch bark cones whose tops were sewn shut with basswood fiber for storage, these were licked and eaten like candy.

Small pieces of deer tallow were put into the syrup as it boiled down. When the boiled sugar was about to granulate in its final boil-down, it was poured into a wooden sugaring trough, made from a smooth out log. It was stirred there to granulate it, and rubbed with ladles and hands into sugar grains. This was the basic seasoning and an important year-round food, eaten with grains, fish, fruits and vegetables, and with dried berries all year round. In summer, it was dissolved in water as a cooling drink. In winter it was stirred into with various root, leaf and bark teas.

Mints

Natives made much use of mints, especially where salt was a rare or nonexistent seasoning, and variety in foods was by herbal or vegetable additions. Fish were stuffed with, and wrapped in, mints. Mints were tossed (along with dried fruits and berries) into soups and stews. Little remained of the minty taste when these are boiled, they are a kind of cooked green veggie then. More herbal flavor is held in, in a stuffed, wrapped baked fish.

Teas can be made by crushing fresh mint, then pouring on boiling water to steep, but are better if the leaves are dried until crumbly—then use about a heaping teaspoon per cup. Mixing dried mint with other dried herbs and flowers improves the flavor of most teas.

Clover

Dried clover blossoms primary use as a food and as a tea. They were put in with soups and stews, where they added vitamins and minerals and a hint of sweetness from their honey. This hint of honey-sweetness usually doesn't survive unless sun-dried, and fairly fresh.

Native people of the north did not have green vegetables, fresh fruit, etc. available during the long winters. Fruits and gardened vegetables such as corn, squash, pumpkins, and beans were dried and were stored for winter use. Anishinaabe people mostly drank teas, rather than water, and these contained vitamin and mineral components not available to them during winters from other parts of stored or hunted food.

Moccasin Soup

Odanah Community

This is not a recipe but a short story about food. One evening I was setting the table for supper. I called my children into the kitchen. I said go get ready to eat. Their noses and eyes were by now surveying what I was about to serve.

What I heard was that, what is part of the meal was not one of their more appealing entrees and it was not enough.

I recalled a story I had read in some historical papers that had been written about the life and times of the Ojibwe people of our area, some dating back to the mid-1800's.

I told my children, Well be thankful I don't have to serve you "Moccasin Soup".

That got their attention. "Moccasin Soup," what's that they asked.

I told them that our people here many moons ago had a bad winter. Many were held up in their wigwams because of a storm. Food became scarce and travel was near impossible. The story went on that a family survived by cutting up their spare moccasins, boiled them and consumed them for their meal.

They stopped their grumbling, said "Thanks" and ate quietly.

Beverages

Raspberry Stem Tea 26
Rose Hip Tea 27
Sumac Drink 28
Wintergreen Tea 29

Raspberry Stem Tea

Eugene Shawano, Sr., Forest County Potawatomi

Fold and tie the raspberry stems.
Boil.
Strain and drink.

Anishinabe Neebeesh

(Rose Hip Tea)

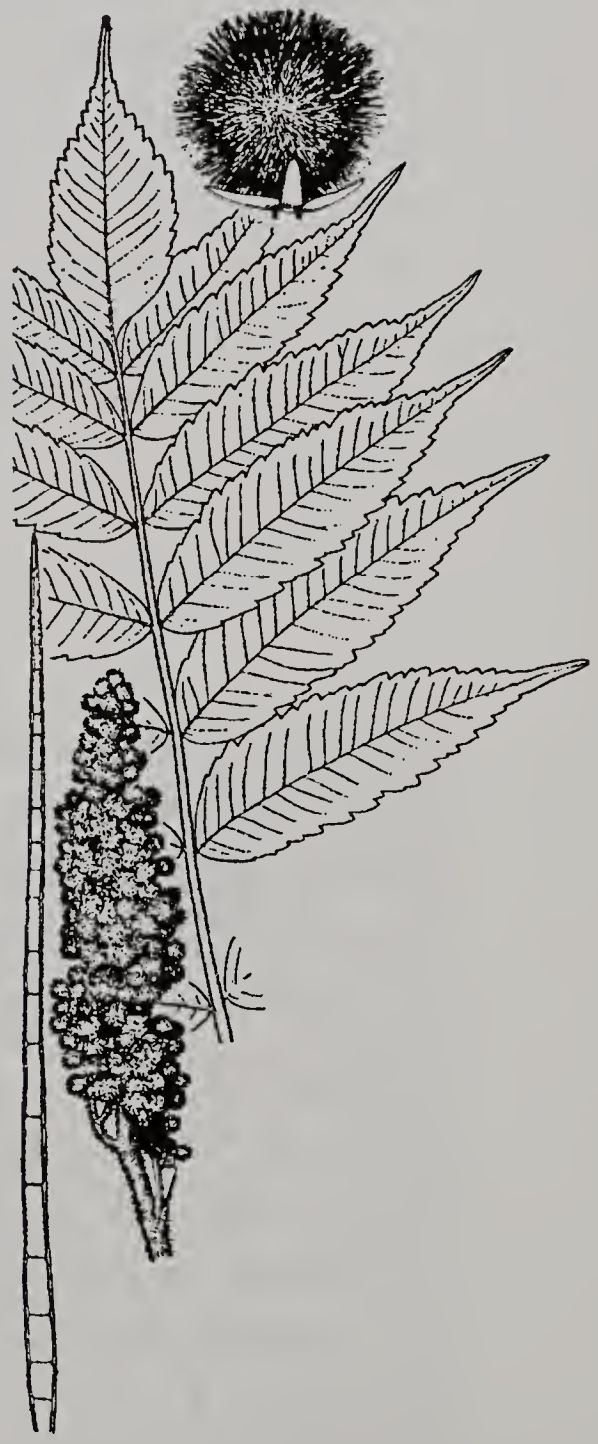
Lac Courte Oreilles Community

After the first frost, gather plump rose hips.
Wash and drain in colander.
Spread on cookie sheet. Place in warm oven.
You can dry rose hips in three or four days with just your pilot light burning. If you use a low heat, check frequently.
Remove from oven when rose hips are dry.
They will look very dark red and shriveled.
Roll them briskly between the palms of your hands to crumble bud ends. Crush rose hips and store in dry place. I have used a food grinder to crush rose hips and perhaps you could also do it with a hammer. For an added flavor, boil rose hips with dried orange peels.

Sumac Drink

Dale Wolf, Bad River Ojibwe

In the fall, collect the ripe red berry bunches from the sumac bush. You can store them by hanging them up in a dry place. To make sumac drink, tie up a berry cluster in a piece of clean porous cloth, like cheesecloth or an old cotton pillowcase. The cloth keeps the sumac berry "fuzzes" from getting into the drink. Bring water to a boil and steep the tied up bunch in it. Sweeten to taste and drink hot or cold.



Staghorn Sumac

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Anishinabe Neebeesh

(Wintergreen Tea)

Lac Courte Oreilles Community

The preparation of Wintergreen tea is the same as commercial tea. The green leaves of the Wintergreen are collected and boiled in a kettle for 5 to 10 minutes. The tea is then taken and sweetened with maple sugar and it is ready to serve.

Very Good!

Appetizers, Spices, Sauces & Gravy

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Hamburger Gravy 33

Indian Egg Rolls 34

Milkweed Gravy 35

Onion Ring Coating 36

Red-eye Gravy 37

Sweet & Sour Sauce 38

Venison Spice 39

Chili Sauce

Emily Jacobson, Forest County Potawatomi

Yield: Makes about 1 1/2 quarts

Ingredients

9 tomatoes
1 green pepper
1 medium onion
1/2 teaspoon salt
1/4 teaspoon ground cloves
1/2 teaspoon allspice
1 cup vinegar
2 packets artificial sweetener

Directions

1. Chop tomatoes, green pepper and onion.
2. Add remaining ingredients and cook slow for 3 1/2 - 4 hours.
3. When thick, add 2 packages of artificial sweetener.

Serving size:	1 tablespoon
Calories per serving:	4
Carbohydrates:	1 gm
Fat:	0 gm
Dietary Fiber:	0 gm
Sodium:	12 mg

Hamburger Gravy

Myrtle Gordon, Red Cliff Ojibwe

Ingredients

2 pounds hamburger
1 package dry onion mix
1 large can mushroom soup
1 large can water
1 stalk of celery

Directions

1. Fry and drain hamburger.
2. Mix other ingredients with hamburger and cook over medium heat.
3. If gravy is too thin you can thicken with flour or cornstarch.
4. Eat over bread, rice or potatoes.

Indian Egg Rolls

Dee and Aya, Red Cliff

Ingredients

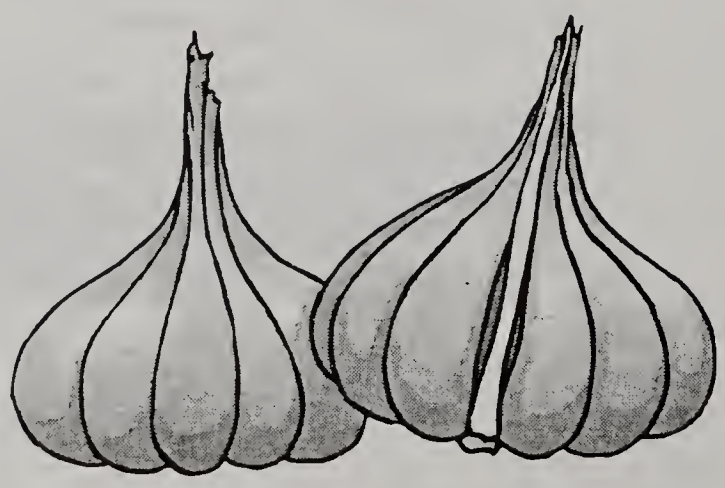
1 pound cooked wild rice
1 tube pork or venison sausage
1/2 cup finely chopped onions
1 can mushrooms, chopped
1/2 teaspoon garlic salt
1 tablespoon soy sauce
1-2 packages egg roll wrappers

EGG ROLL GLUE:

2 teaspoons cornstarch
2 teaspoons water

Directions

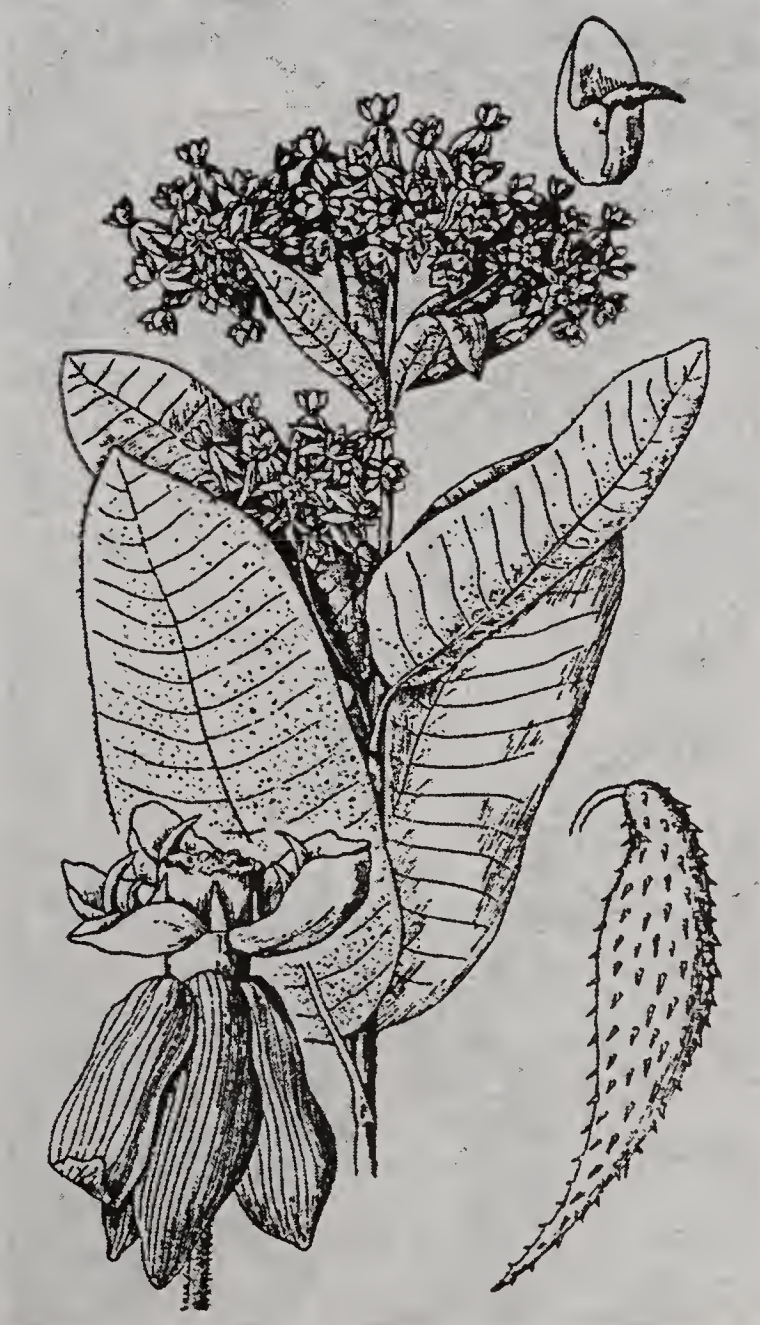
1. Cook wild rice as you usually do.
2. Brown sausage and onions. Drain. Add mushrooms, garlic salt and soy sauce. Simmer, then cool.
3. Mix meat mixture with cooled cooked rice. Spoon onto egg roll wrappers, seal with glue.
4. Fry in hot oil until golden brown.
5. Eat plain, with soy sauce or dip in sweet-sour sauce. Mmmmm.



Milkweed Gravy

Stockbridge-Munsee Community

After frying the milkweed leaves add 1/2 can of milk and one teaspoon of butter, salt and pepper into skillet. Stir until thick. Serve over potatoes or bread.



Common Milkweed

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Onion Ring Coating

Jeff Benton

Ingredients

1 cup flour
1 cup milk
¼ tsp salt
2 onions

Directions

1. Cut up onion in rings.
2. Mix together flour, milk and salt in a bowl.
3. Dip onion in mixture and fry in oil.

Red-Eye Gravy

Red Cliff Ojibwe

Ingredients

1 or 2 cups coffee
1 tbsp bacon grease
pinch of salt
pinch of pepper

Directions

1. Pour coffee in skillet and bring to a boil.
2. Add salt and pepper and grease.
3. Pour over biscuits or corn bread.
4. Coffee doesn't have to be fresh, it can be yesterday's coffee.

Sweet & Sour Sauce

Dee and Aya, Red Cliff

Ingredients	Directions
1/2 cup pineapple juice 2 tablespoons vinegar 2 tablespoons brown sugar 1/8 teaspoon pepper 1/2 teaspoon paprika 1 chicken bouillon cube 1/2 teaspoon prepared mustard 1 tablespoon cornstarch 1/4 cup water	1. In small saucepan, combine all ingredients except corn starch and water. Cook until bouillon cube is dissolved. 2. Combine cornstarch and water, then stir into hot liquid. Cook, stirring constantly, until clear and thick.

Venison Spice

Linda Kroening, Stockbridge-Munsee

Yield: 5 cups

THYME

Ingredients	Directions
1 cup garlic powder	Mix all ingredients and put in shaker. Can be used on any wild game.
1 cup thyme	
1 cup chopped rosemary	SUGGESTIONS:
1 cup beef bouillon granules	I also add a large raw onion, chopped, and shake on some Worcestershire sauce.
1/2 cup black pepper	
1/2 cup salt	

ROSEMARY

Serving size:	1 teaspoon
Calories per serving:	6
Carbohydrates:	1 gm
Fat:	0 gm
Dietary Fiber:	0 gm
Sodium:	373 mg

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Makwa Naboob

(Bear Soup)

Lac Courte Oreilles Community

Ingredients

5 pounds bear meat
4 cups water
2 tablespoons salt
4 wild onions

Directions

1. Trim all fat from the meat and wash well in cold water.
2. Cut the meat into 2-inch cubes.
3. Boil until done. Serve the soup as hot as possible.

Beef Oxtail Soup

Christina Sipla and Tom King, Ho-Chunk

Ingredients

2-3 pounds beef oxtails
3-4 quarts water
3-4 stalks of celery, sliced
5 carrots, peeled & sliced
1 cup chopped onion
2 cloves garlic, crushed
1/4 head cabbage (optional)
salt and pepper to taste

Directions

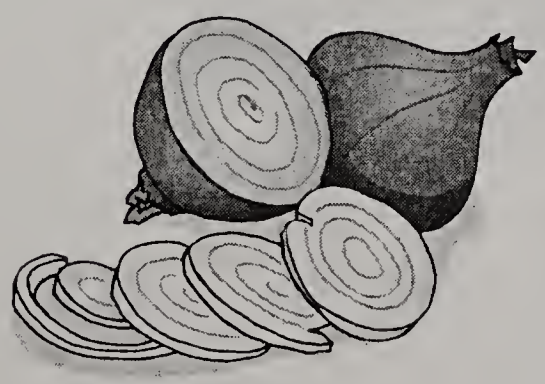
1. Remove fat from oxtails.

2. Put water and oxtails in pan. Boil until meat falls off bone. Remove meat from bone and add to broth.

3. Place broth in refrigerator for one hour to allow fat to rise to the top. Scrape fat layer off the top of the broth after refrigeration, or use a defatting cup to remove fat while soup is hot.

4. Add vegetables and garlic to broth. Cook until vegetables are tender.

SERVING IDEAS: Remember soup always tastes better when it is a day old.



Buffalo Soup

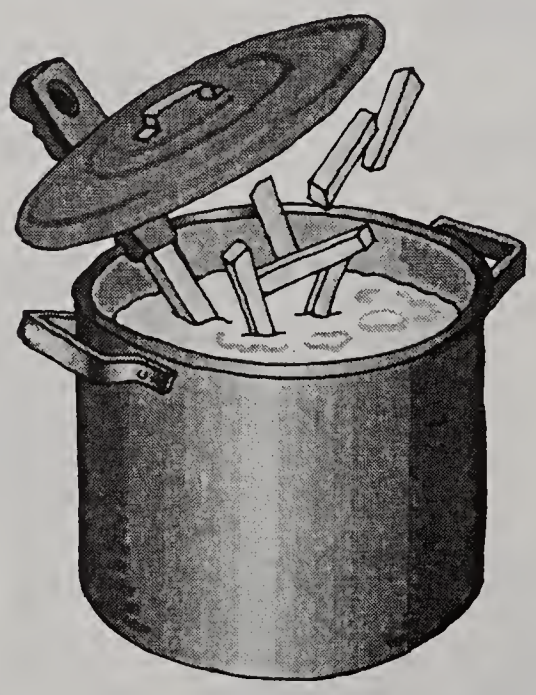
Becky Lemieux
Bad River Reservation

Ingredients

1 pound ground buffalo, frozen
1 small onion, diced
2 stalks of celery washed, diced
2 small summer squash peeled, cubed
4 medium potatoes peeled, cubed
1 15 oz can tomato sauce
2 carrots, peeled & sliced
1 package lipton beef/ mushroom soup mix
salt and pepper to taste

Directions

1. Place all ingredients into a 3 quart crock-pot on low.
2. Add water, so that you are about 1 ½ inches from the top of crock pot.
3. Cook on low for about 8 hrs.
4. Break up meat before serving.



Calories Per 1 cup serving:	130
Carbohydrates:	18 gm
Fat:	1 gm
Saturated fat:	0 gm
Protein:	12 gm
Fiber:	3 gm
Sodium:	375 mg

Corn Chowder

Terry Dalton, Mole Lake Sokaogon

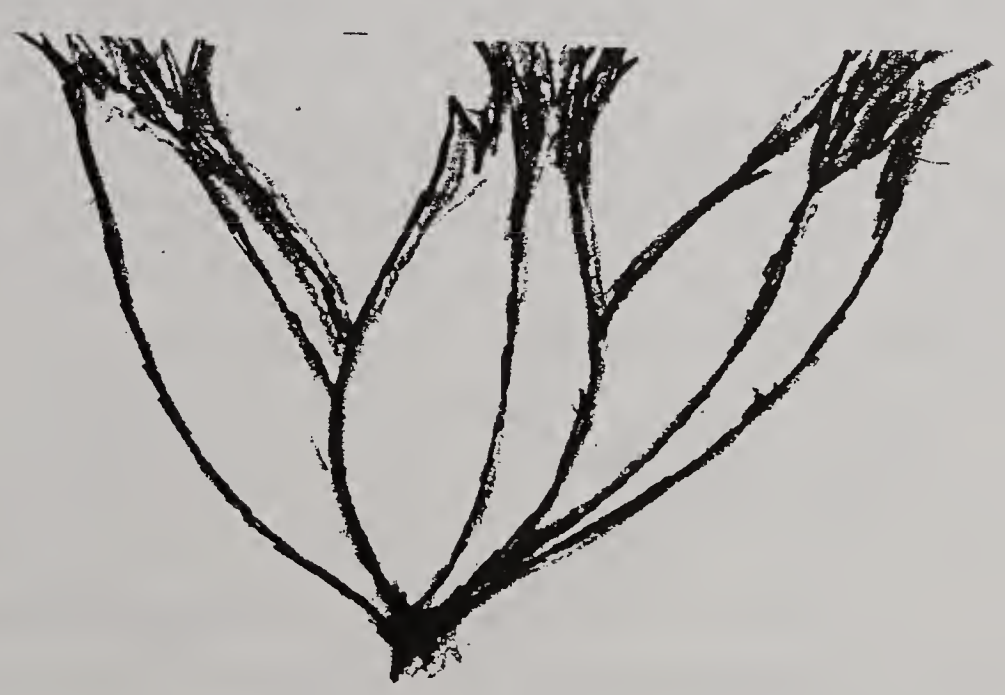
Yield: 4 servings

Ingredients

10 ounce frozen whole kernel corn or 4 ears fresh corn
1 medium onion, chopped
4 medium potatoes, peeled and diced
1/2 pound bacon, fried crisp, drained and crumbled
2 cups water
2 cups skim milk
1/3 cup flour

Directions

1. Put corn, onion, potatoes, bacon and water into a large kettle; cook until tender.
2. Don't drain! Thicken soup with flour and milk mixture.
3. Simmer for a few minutes and serve.



Calories per serving:	592
Carbohydrates:	58 gm
Fat:	28 gm
Dietary Fiber:	3 gm
Sodium:	987 mg

Corn Soup

Laura Cooper, Forest County Potawatomi

4 quarts Whole Indian Hull Corn
Large canning pot
Pour 4 quarts Corn in large canning pot
Fill almost to top with water
Bring to a boil
When water starts to boil add 8 tablespoons of baking soda
Corn will turn orange
When water runs out-add more
Bring to a boil the second time
Add 8 more tablespoons of baking soda
Bring to full boil and cook 4-5 hours
Check to see if hulls come off
Corn looks puffed up-like it is breaking open--Needs to be washed
Drain water from pot
Run under cold tap water and wash until it is clean
Add water almost to top of pot
Add 4 large cans dark kidney beans, drained
Add meat of choice (salt pork, venison-diced, spare ribs, pork hocks)
Salt to taste
Cook another 2-3 hours until meat is done
If you used meat with bones, remove bones
Serve

Oneida Corn Soup

Oneida Food Distribution Program

Ingredients

4 cups dried hulled corn
3 pounds pork roast, cubed and boiled
2 cups cooked dry or canned kidney beans
1 onion diced (optional)
1 cup fresh cut and cubed zucchini, optional
salt and pepper t taste

Directions

1. To cook the dried hulled corn: soak the corn overnight, rinse and simmer for 6 hours in a slow cooker or on the stove, with enough water to cover the corn.
2. Cook your meat the day before and refrigerate, and remove the fat when cold.
3. Add cooked or canned beans, meat, onion and zucchini to the corn during the last hour and simmer 45 minutes.
4. Season with salt and pepper. Eat and enjoy.

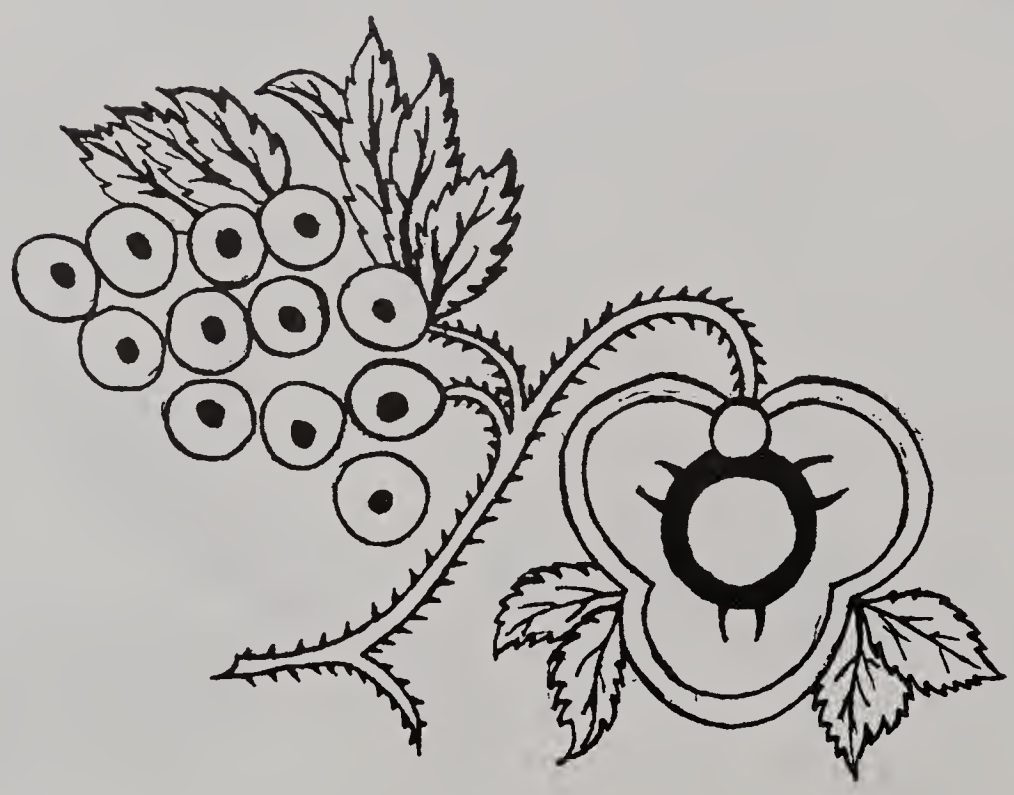
Niebeesh Naboob

(Cowslip Soup)

Lac Courte Oreilles Community

Pick cowslip leaves on any swampy marsh, along roads, etc...
Cook as you would spinach.
Make a thickening with flour and water.
Add salt pork also.
It's similar to wild fern soup.

Very Good!

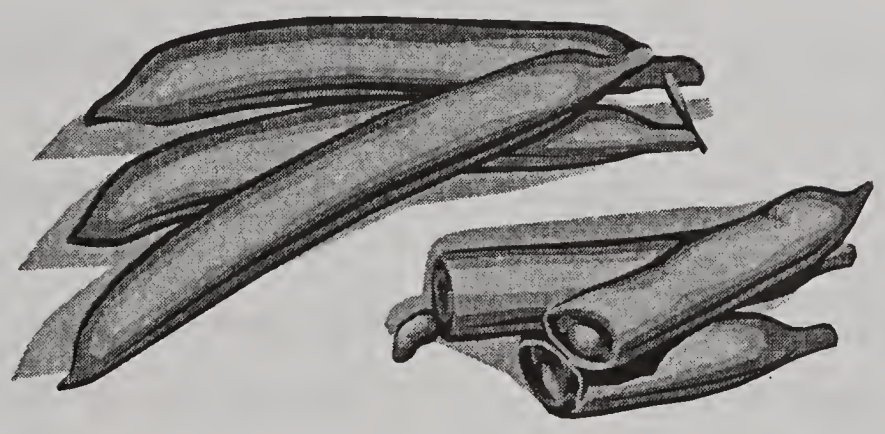


Cream of Green Beans Soup

Phyllis Wyse, Red Cliff Ojibwe

Ingredients

2 quarts chicken stock or broth
¼ cup butter
½ cup flour
1 onion chopped fine
1 stalk of celery chopped
2 sprigs parsley chopped
1 ½-cups cooked green beans
1 cup cream mixed thoroughly with 2 egg yolks



Directions

Melt butter in large soup pot, add flour and stir until golden. Add chicken broth and cook stirring until smooth. Add vegetables. Simmer 30 minutes, skimming several times. Add green beans, reserving a few for garnish, and simmer 5 minutes. Blend a batch at a time until all vegetables are pureed. Return to pan and reheat. Whip egg yolks thoroughly into cream. Add some of the hot soup to this mixture, then pour the mixture into the hot soup, stirring, add a little salt. Serve with a few beans floating on each bowl.

Calories Per 1 cup serving:	215
Carbohydrates:	11 gm
Fat:	16 gm
Saturated fat:	9 gm
Protein:	6.5 gm
Fiber:	1.5 gm
Sodium:	690 mg

Crock Pot Stew

Linda Kroening, Stockbridge-Munsee

Yield: 8 servings

Ingredients

2 pounds venison, cut in chunks (about 3 cups)
water to fill crockpot
1 cup onion, chopped
1 bay leaf
worcestershire sauce to your liking
6 potatoes, peeled and cut up
1 pound carrots scraped
2 tablespoons venison spice (recipe included in appetizers, spices, sauces & gravy section)

Directions

1. Add all ingredients to a crock pot.
2. Cook for 6-8 hours.
3. Remove bay leaf before serving and add a few pats of butter.

HINT: A small pork roast or slice of salt pork can be added, if you wish.

Calories per serving:	260
Carbohydrates:	29 gm
Fat:	4 gm
Dietary Fiber:	4 gm
Sodium:	392 mg

Waawaashkeshii Naboob

(Deermeat Soup)

Biiwaabikoons (Reva Chapman), Lac du Flambeau Ojibwe

Ingredients

5-6 lbs deermeat (shoulder or hindquarter), cut into chunks
4-5 quarts water, enough to fill kettle
2 cups chopped onions
5-6 potatoes, peeled and chopped
1 lb carrots, peeled and chopped
1 cup cornmeal
32 oz. can yellow or white hominy

Directions

1. Boil deermeat in water, along with the chopped onions, until tender

2. Add potatoes and carrots, boil until vegetables are tender.

3. Measure 1 cup cornmeal for each gallon of soup. Add cold water to cornmeal to soften it.

4. Mix with a whisk and pour into soup, stirring constantly.

5. Add large can of hominy just before serving. Add salt and pepper.

Note: You can increase the amount of deermeat and/or vegetables to serve more people. Also, these are vegetables that were traditionally grown in gardens such as Reva's. You can also add 2 cups chopped celery, rutabagas or any other vegetable in season, if you like.

Hominy Soup

Marilyn Charette, Red Cliff

Ingredients	Directions
1 quart hominy 2 tablespoons baking soda 2 pounds boiling meat (beef, pork, venison) 1 pound salt pork 1 package onion soup mix vegetables (optional) salt and pepper to taste	Cook hominy first. Add hominy and baking soda to a stock pot with about 1/2 quart of water. Continue to add hot water as needed, until hominy is done. Boil 3 to 4 hours or until corn pops open. Rinse in cold water until soda taste is gone, about 20-30 rinses in colander. Combine the remaining ingredients: meat, salt pork, soup mix, and vegetables, if desired, in a large stock pot. Add double the amount of water as ingredients in the pot. Cook 1-2 hours or until meat is tender. Salt and pepper to taste.

VARIATION: Vegetables can be added (celery, carrots, potatoes, etc..). Dumplings can also be added at the end if wanted.

Hominy can be bought at Midland Feed Store in Ashland.

Na-ne-we-sok

Milkweed Cream Soup

Mrs. Margaret Wilber, Menominee

Ingredients

4-5 quarts of milkweed blossoms
1/2 pound seasoning meat, diced (ham, bacon, or salt pork)
1 tablespoon butter or margarine
1 cup flour
milk (whole or can)

Directions

1. Milkweed should be picked when the blossoms are in the bud, some folks like them tiny, others before the buds open.

2. Clean and wash the buds thoroughly, parboil, but not too long, otherwise you lose the flavor. We just let them come to a good boil, drain, then run warm water over them.

3. Return milkweed to kettle, cover with warm water. Add seasoning meat, which has been diced. Let cook until meat is done, about one-half hour.

4. Add thickening made of flour and milk.

5. Let simmer for about five more minutes, add butter or margarine.

6. Serve with salt pork sandwiches made with squaw bread biscuits.

Milkweed Soup

Faith and Jim Matter, Ho-Chunk

Ingredients

6-8 milkweed pods
6 cups water
1 pound ham or beef, cut into chunks
2 cups sliced carrots
2 cups peas

Directions

1. Milkweed pods, green to light green in color, are only available in July. Pick 6-8 milkweed pods from stems, depending on size.

2. Bring a large pot of water to a boil, add milkweed pods. Boil until milky in color.

3. Add ham or beef, carrots and peas. Boil until vegetables are done and pods fall apart.

HINT: Milkweed pods can be picked in large amounts and frozen to use in soup during other seasons.

Bine Naboob

(Partridge Soup)

Ina Valliere, Lac du Flambeau

Ingredients

10 cups water
2 cleaned partridges
1 cup each: carrots, celery, and potatoes
1/2 cup uncooked wild rice
1/2 cup white rice
3 tablespoons parsley
2 chicken bouillon cubes (You may substitute low-sodium bouillon crystals.)
salt and pepper to taste

Directions

1. Put partridges and water in soup kettle. Boil for 20 minutes.
2. Take partridges out of water and cut meat off the bone.
3. Return partridges to water and add remaining ingredients. Simmer until vegetables and rice are done; about 1-1/2 hours.

How to clean a Partridge: Scott G. Smith, Lac du Flambeau

After shooting a partridge, lay it flat on the ground with the belly up. It is important that the head is not underneath the body. Grab each wing with each hand and place left foot on left wing and place right foot on right wing. Make sure to keep feet as close as possible to the body of the bird. Grab both legs with each hand; pull legs straight up slowly. Cut wings off carcass and clean excess feathers and skin before freezing or cooking.

Pea Soup with Wild Rice

Ingredients

3 quarts water
1 lb peas
½ lb salt pork
4 large carrots, chopped
1 medium onion, diced
1 medium rutabaga, diced
1-cup wild rice, cooked

Directions

1. Soak the peas overnight as you would to make pea soup.

2. Bring peas and salt pork to a boil then add vegetables.

3. Simmer covered 4 hours, stir in wild rice the last 15 minutes.

Hint: In stews and soups, it is usually better to cook the wild rice separately first, but not completely done, then stir it in for the last 15 minutes of cooking.

Squash and Corn Soup

Bernice Blackdeer, Ho-Chunk

Ingredients

8-12 ears of corn, depending on size
1 buttercup squash
1 pound pork roast
2-3 quarts water, enough to fill kettle

Directions

1. Cut corn off of cob when raw.
2. Clean and remove insides of squash. Peel skin. Slice or dice into small pieces.
3. Trim all visible fat off pork roast. Cut meat into small cubes.
4. Add all above ingredients to a 5 quart dutch oven. Fill kettle with water.
5. Bring soup to a boil, reduce heat and simmer 1/2 hour. Season to taste after cooking.

HINT: Best in fall of year when corn and squash are fresh.

Squash and Corn Soup

Vivina Lemieux, Ho-Chunk

Ingredients

1-2 pounds pork, cut into pieces
1 medium onion, chopped
2 (15 1/4 ounce) cans whole kernel corn OR 3 1/2 cups corn cut fresh from the cob
1 butternut squash, peeled and cut into cubes

Directions

1. Cut pork and onion into pieces. Boil in large kettle filled with water until pork begins to get done.
2. Add canned or fresh corn and squash that has been cut into cubes. Continue to boil until vegetables are done.
3. This soup is excellent when served with fry bread.

HINT: Whenever my father made this soup, he always used corn that he cut fresh from the cob.

Squirrel Soup

Mrs. Mabel Dickie, Menominee

Ingredients	Directions
3 - 4 squirrels (preferably grey squirrels)	1. Clean and cut up squirrels.
4 quarts water	2. In a large kettle, add squirrels, water, salt and onions.
1 tablespoon salt	
3 onions, chopped	3. Simmer until meat begins to come off the bones. Remove from pot and pick out bones.
Vegetables (such as corn, dried potato flakes, and more onion)	4. Return the meat to kettle and add vegetables. Add salt and pepper to taste, also a little pork grease.
salt and pepper to taste	
flour for thickening	5. Thicken with flour and serve.

Turtle Soup

Mrs. Mabel Dickie, Menominee

After cleaning turtle and removing insides: cut meat into pieces, put in pot containing 4 quarts of water, onion, salt and pepper. Simmer four hours. Remove meat, pick over and return to pot. Thicken with flour and simmer 1/2 to 1 hour longer. Stir well and serve. If turtle eggs are desired, they are cooked separately and added to the soup before serving.

Hint: To reduce stewing time, the turtle may be put into a pot of boiling water (alive) 15 minutes, then cleaned and cut up.

Turtle Soup

Cheryle Elm, St. Croix Ojibwa

Yield: 12 Servings

Ingredients

1 fresh turtle found by a lake or a road
1 head cabbage, cut up
5 pounds peeled and sliced potatoes
2 pounds peeled and thinly sliced carrots
1 large rutabaga, thinly sliced
3 stalks sliced celery
2 quarts water (depending on size of turtle)

Directions

1. Cook turtle in water for about 1 hour.
2. Add remaining ingredients.
3. Cook soup 1 - 1 1/2 hours longer for a total of 2 - 2 1/2 hours.

SERVING IDEAS: Serve with fresh bread, and fresh table onions as desired.

Calories per serving:	411
Carbohydrates:	71 gm
Fat:	2 gm
Dietary Fiber:	16 gm
Sodium:	226 mg

Turtle Soup (continued)

How to catch and clean a live turtle,

1. Use a large gunnie sack or a large cardboard box to capture the turtle, also using a large thick stick to push the turtle into the bag or box.

2. Have a long nose pliers and have someone grasp the turtle's upper mouth and hold on tight!

3. Have the other person take an ax and chop off the head while you have the pliers grasping the turtle's mouth. Stretch the neck out as far as you can in order for the other person to behead the turtle.

4. Get a long piece of wire, tie the wire around the end of the tail, and hang the turtle on a good strong tree branch. Let the turtle hang for 1-2 days before cutting down.

5. After time span, take the turtle down. Use a strong knife to cut the soft shell that's covering the stomach of the turtle. You will probably have to nail down the four legs in order to get a grip on the turtle for the cutting process. Use only the meat from the legs.

6. After you have cut up the meat, wash the meat well, and begin cooking.

ENJOY!! ENJOY!!

ONE <u>VERY IMPORTANT</u> FACT! STAY AWAY FROM THE TURTLE'S HEAD, IT WILL CONTINUE TO SNAP FOR AT LEAST 2 DAYS.

VENISON HOMINY SOUP

John Denomie Odanah, Wi Bad River Reservation

Ingredients

1 venison neck
1 pound hominy (dehydrated/ hulled)
2 onions (medium/diced)
6 potatoes (peel/dice)
salt to taste
pepper to taste
allspice to taste

Directions

1. Boil neck and onion in water for 2 hours.
2. Boil hominy and onion in water for 2 hours.
3. Strain both broths into bowl-set aside .
4. Cut meat from neck roast and chop into small pieces.
5. Peel potatoes and cube into 1 inch pieces.
6. Combine meat, hominy and uncooked potatoes place in large pot or Crock pot and add broth.
7. Cook on high until potatoes are tender.
8. If desired, for color add 1 package of mini-carrots-cooked/diced.

Season to taste–and enjoy!

VENISON SOUP

Florence Mieloszyk
Bad River Reservation Birch, Wi .

Cut venison shoulder into stew pieces, salt and pepper,
Add one medium onion, diced, add 2-4 tablespoons cooking oil, brown and simmer until tender.

Add------4 potatoes, peeled & cubed
1 small package baby carrots
Cook until tender.

Add-------1 can corn
1 can green beans
1 small can of mushrooms
1 quart home canned tomatoes

Simmer , serve and enjoy

Venison Stew

Liz Dearbin, Webster, WI

Ingredients

1 small hind-quarter or 2 venison steaks
½ tsp pepper
1 tsp salt
2 bay leaves
1 cup diced potatoes
1 cup carrots
1 medium rutabega
1 cup celery
1 medium diced onion
½ tsp garlic salt

Directions

1. Slice, cube or dice venison and put into kettle (8 quarts).
2. Fill about ¾ full with water, add salt and pepper and bay leaves.
3. Boil for 20 minutes.
4. Add rest of ingredients and cook covered until veggies are soft. (15-20 minutes)
5. Make a soupy paste of water and flour, add a little kitchen bouquet.
6. Stir into stew and cook another 5 minutes and its done.

Good with Baking powder Biscuits.

Venison Wild Rice Stew

John "Dates" Denomie, Bad River Ojibwe

Cut one venison shoulder into stew meat. Brown in frying pan. Put into crock pot and add water until pot is 3/4 full. Boil until tender. Drain broth through colander to remove fat tallow. Set meat aside. Cook wild rice in broth. Add meat back along with diced potatoes and carrots. Salt and pepper to taste. Onion optional. Simmer for one to one and a half hours.

Waywaagain Naboob

(Wild Fern Soup)

To cook one kettle full for supper !

One grocery bag full of wild ferns (4 inches).

Cut in 1 inch pieces or break up.

4 slices of salt pork - cubed.

Boil for 1/2 hour or until tender.
Make little dumplings and put in kettle.
Let continue boiling for 15 minutes.
Stir so it won't stick to bottom of kettle.

Very, Very Delicious !!

P.S. These can be picked anywhere in the woods.

Wild Rice Ricing Soup

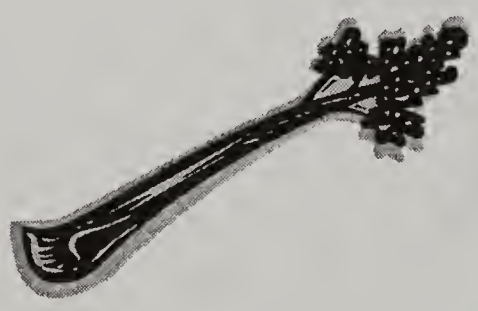
Phyllis Lowe, St. Croix Ojibwa

Yield: 6 servings

Ingredients

1 cup wild rice, raw
6 cups boiling water
1 pound ground beef
1/2 small onion, chopped
1 stalk celery, chopped
4 oz can mushrooms
salt and pepper to taste

Calories per serving:	338
Carbohydrates:	23 gm
Fat:	17 gm
Dietary Fiber:	3 gm
Sodium:	547 mg



Directions

1. Rinse rice in water until water runs clear. Bring water to boil in a medium saucepan. Add rice to boiling water, boil 15-20 minutes.

2. Brown beef, onion, and celery. Drain off fat. Add meat mixture, mushrooms, and spices to rice. Boil 10 minutes. Turn off heat, let stand 15 minutes. (Boiling makes rice fluffy-simmering makes rice mushy.)

SERVING IDEAS: Serve with tea and homemade yeast biscuits spread with butter and peanut butter. Eat and enjoy - IT'S GOOD!

HISTORY: Also called Bingo Soup, because it is fast and we can get to Bingo. This is done in a hurry. We had this during ricing time because it was fast to prepare.

Anishinabe Manoomin Naboob

(Wild Rice Soup)

Joe Chosa, Lac du Flambeau Ojibwe

Yield: 5 quarts (20 - 1 cup servings)

Ingredients

- 3-4 pounds chicken, partridge or venison
- 1 medium onion, chopped
- 2 teaspoons salt
- 2-3 quarts water, enough to fill kettle
- 1/2 pound wild rice, washed and cleaned
- 2 cups chopped carrots
- 2 cups chopped celery
- 2 cans reduced sodium chicken broth (optional)

Directions

1. Fill a large stockpot with the chicken, partridge or venison, onion, salt and water. Boil until a stock has formed.

2. Add wild rice and vegetables. Cook until rice and vegetables are done, adding more water to cover ingredients if necessary.

3. For more flavor, add 2 cans reduced sodium chicken or beef broth when adding rice and vegetables.

Serving size:	1 cup
Calories per serving:	144
Carbohydrates:	4 gm
Fat:	4 gm
Dietary Fiber:	1 gm
Sodium:	376 mg

Vegetables

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Dandelion 74
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Milkweed 78
Steamed Milkweed 78
Wood Greens 79
Zucchini Pickle 80

Baked Acorn Squash

Phyllis Wyse, Red Cliff Ojibwe

Ingredients

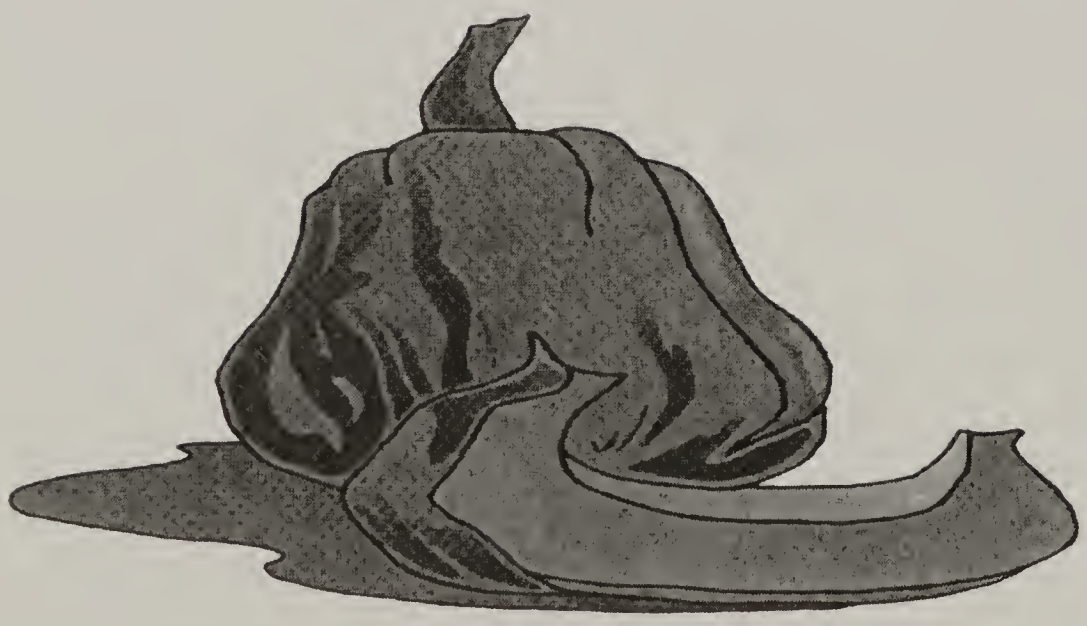
1 squash per 2 people
4 strips bacon
Butter
brown sugar or maple sugar

Directions

1. Cut squash in half, scrap out seeds and fiber then cut in half again.

2. Put squash on cooking sheet, put a slab of butter on squash and lay a strip of bacon across top. Sprinkle little sugar on top.

3. Bake at 350 degrees for ¾ to 1 hour. You can check by putting fork in center and if squash is soft, then it is done.



Cream Peas

Myrtle Gordon, Red Cliff Ojibwe

Ingredients

2 cups peas with juice
1 cup milk
¼ cup butter
salt
pepper
flour

Add all ingredients, then thicken with flour and you can pour over mashed potatoes.

Ozaawaa-Wabigon Naboob

(Dandelion Greens)

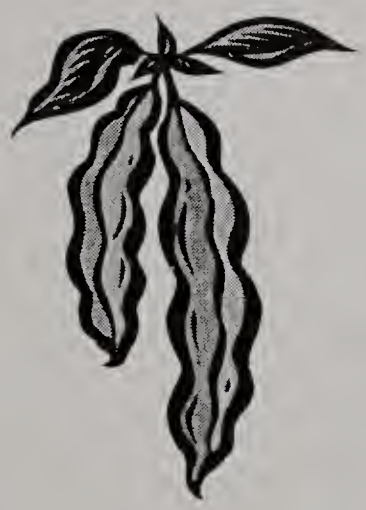
Lac Courte Oreilles Community

Gather greens before blossoming.
Wash them well.
Add small amount of water and simmer.
Add seasonings, (salt, butter, oil, and/or vinegar).
Serve hot.

Dilled Green Beans

Ingredients

3 lbs whole green beans
1 ½ tsp cayenne pepper
6 garlic cloves
6 dill heads or 2 tbsp dill seed
3 ¼ cups vinegar
3 ¼ cups water
6 tbsp salt (canning or kosher)



Directions

Cut off ends of beans then wash beans. Pack lengthwise in clean, hot pint jars leaving about ¼ inch room from the top. Add 1 clove of garlic, 1 head of dill or 1 tsp dill seed and ¼ tsp cayenne pepper to each pint jar. Mix together in an enameled or stainless steel kettle the water, vinegar and salt; bring to a boil and pour the boiling hot mixture over the beans in the jars. Leave ¼ inch from the top empty. Adjust the lids and process in a Boiling-Water Bath (212 F.) for 10 minutes. Makes about 6 pints.

Garden Succotash

Bernice Miller Pigeon, Stockbridge-Munsee

Pick about 1 pint of garden beans from garden when the beans are too big for string beans but not yet ripe.

Clean, cut open and separate beans from pod until you yield about 1 cup.

While in the garden pick about 4 or 5 ears of sweet corn. Wash corn and clean shave corn from the cob also remembering to squeeze the milk from the cob. This should yield about 2 cups.

Combine beans, corn, corn milk and 1 can of canned milk into a sauce pot.

Add a tablespoon of butter, 1/2 teaspoon salt, 1/2 teaspoon pepper. Bring to a boil at medium heat, stirring occasionally for about 15 minutes.

Serve as a side dish or as a soup.

Leeks

Stockbridge-Munsee Community

Are a spring onion that can be eaten raw or fried.
Leeks are used as a spring tonic that cleanses your body.

Wild Leek

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Milkweed

(Similar to cauliflower)

Eugene Shawano, Sr., Forest County Potawatomi
"I'm not afraid of dying because I have a reservation"

Pick the milkweed before flower blossoms
appear on the plant.
Mix with the vegetable of your choice in
water and boil.
Season with salt and pepper.
Flour can be added to thicken or
the plant leaves can be used.
Should be eaten as a soup.

Steamed Milkweed

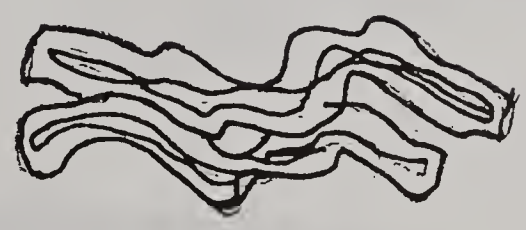
Carmen Mason, Stockbridge-Munsee

When milkweed is in season, harvest the plant.
When it is about 8 inches high, pick the whole plant,
so it will regenerate but only use tops.
Rinse the milkweed and steam.
Add spices to your liking and eat.

Wood Greens

Stockbridge-Munsee Community

Pick your own greens, wash and boil in water for 15 minutes. Drain. Fry in a pan with some bacon grease for 15 minutes.



Zucchini Pickle

Ingredients	Directions
2 quarts thin slices of unpeeled zucchini squash 2 medium onions peeled and sliced ¼ cup salt 2 cups vinegar 2 cups sugar 1 tsp celery seed 2 tsps mustard seed 1 tsp turmeric ½ tsp dry mustard	Combine zucchini and onions. Sprinkle with the salt, cover with cold water and let stand for 2 hours. Drain, rinse with fresh water and drain again. Combine remaining ingredients in an enamelware kettle and bring to boiling. Cook for 2 minutes. Add zucchini and onions, remove from heat and let stand for 2 hours. Bring again to boiling and cook for 5 minutes. Ladle hot into sterilized pint jars and process in a Boiling-Water Bath for 5 minutes to ensure a seal. Makes about 4 pints.

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Cornbread Dumplings

Julie Williams, Stockbridge-Munsee

Ingredients

8 cups water
1 teaspoon salt
2 cans kidney beans
2 1/2 pounds mesa white flour

Directions

1. Fill a large stock pot three-fourths full of water, bring water and salt to a boil.

2. While water is heating; mix water, beans and flour together. (Dough should be a sticky dumpling texture.)

3. Form dumplings the size of your fist. Drop into boiling water. Dumpling will sink. Cook for approximately 15 minutes or until dumpling raises to the surface.

4. Remove finished dumpling.

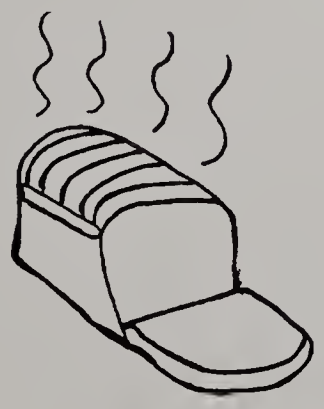
HINTS: The dumpling can be eaten warm or cold. Warm dumpling - slice and eat with butter. Cold dumpling can be eaten as bread, slice and eat cold or reheat.

Oshki Giboza Bakwezhigan
(Fresh Baked Bread)

Ina Valliere, Lac Du Flambeau Ojibwe

Ingredients

2 packages dry yeast
1 cup lukewarm water
1 teaspoon sugar
1/2 cup sugar
1/2 cup dry potato flakes
3/4 teaspoon salt
2 cups luke warm milk (dry or fluid milk)
3 tablespoons shortening (melted and cooled)
5 1/2 cups flour



Directions

1. Mix yeast with water and 1 teaspoon sugar; let stand for about 15 minutes or until bubbled and foamy.

2. In a large bowl combine sugar, potato flakes and salt. Stir in milk and shortening.

3. Add one cup of flour and stir. Add the yeast mixture and stir well. Continue to add flour one cup at a time mixing well.

4. When dough becomes too hard to stir, begin to knead. Knead for about 5 minutes (adding a little flour if needed).

5. Grease top of dough and put in bowl and cover for about one hour.

6. Punch down and let rise for 15 minutes.

7. Grease 2 bread loaf pans and one 9 inch round pan.

8. Divide into 2 loaves and one 9 inch round pan for biscuits. Let rise until doubled in size. Bake at 350° F for 40-45 minutes.

Fry Bread

Frank Shepard, Forest County Potawatomi

Yield: 28 pieces

Ingredients

3/4 cup powdered milk
3 tablespoons sugar
8 teaspoons baking powder
3 teaspoons salt
3 cups warm water
6 cups flour

Directions

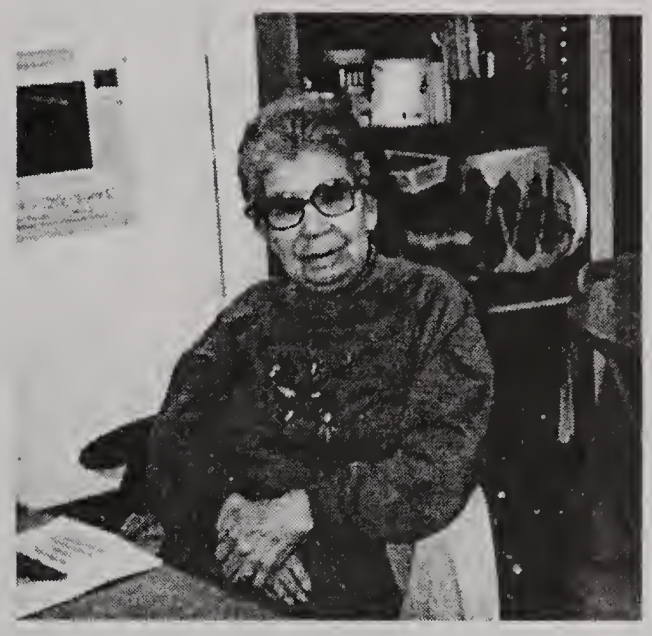
1. Mix dry ingredients except for flour. Add water.
2. Add flour one cup at a time. If sticky, you may need a little more flour.
3. Use one handful of dough for each piece of bread. Shape all dough and fry in oil.

(Nutrition information does not include frying bread in oil.)

Serving size:	1 piece fry bread
Calories per serving:	111
Carbohydrates:	23 gm
Fat:	0 gm
Dietary Fiber:	1 gm
Sodium:	265 m

Zaasakokwaan

(Fry Bread)



Reva Chapman
Lac du Flambeau Ojibwe

Yield: 12 pieces

Ingredients

- 2 1/2 cups all-purpose flour (sifted)
- 1 tablespoon melted shortening or oil
- 1 whole large egg
- 1 1/4 cups skim milk or water
- 1 1/2 teaspoons baking powder

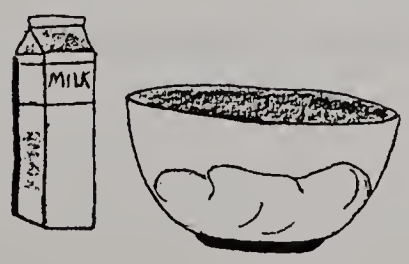
Directions

1. Blend all ingredients. If needed and dough is sticky, gradually add flour until no longer sticky.

2. Roll dough into 3" balls and flatten. Cut two slits in the middle of the bread and pull apart so oil can penetrate the middle of the bread while frying.

3. Fill a large frying pan half full of oil. Fry until golden brown in color on both sides of bread.

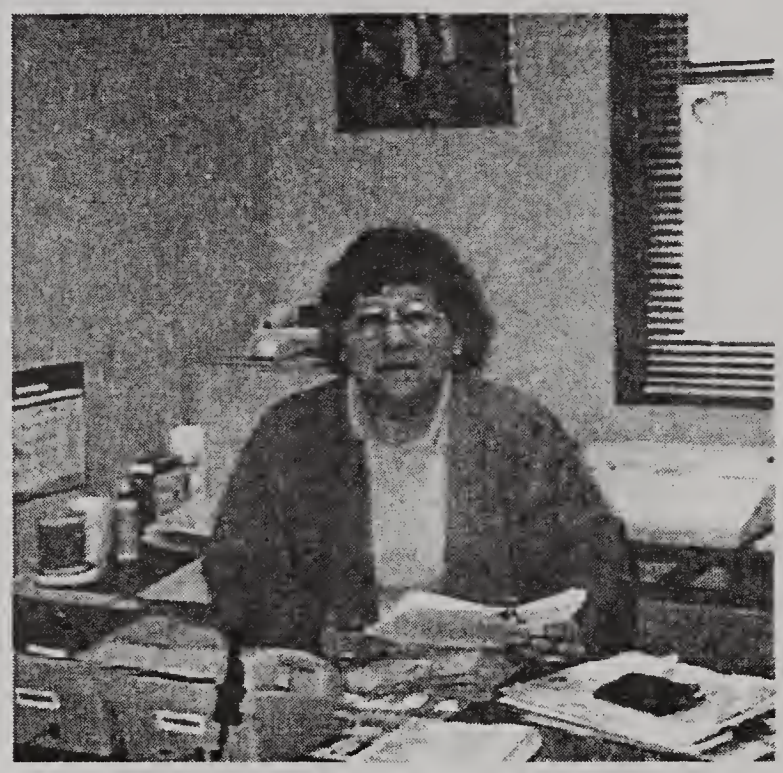
(Nutrition information does not include frying bread in pan of oil.)



Serving size:	1 piece fry bread
Calories per serving:	112
Carbohydrates:	20 gm
Fat:	1.7 gm
Dietary Fiber:	0.5 gm
Sodium:	69 mg

Indian Dumplings or "Raggedy Noodles"

Bernice Blackdeer, Ho-Chunk



Ingredients

1 cup flour
several drops of water

Directions

1. In a small bowl, combine drops of water with flour, mixing with fingers until dough is crumbly in texture.

2. Add dumplings to any soup or broth for thickening or a dumpling-like texture.

Lagilette (Fire Bread)

Celia Defoe, Lac du Flambeau Ojibwe

Ingredients

4 cups flour
3 teaspoons baking powder
1 1/2 teaspoons sugar or sugar substitute
1 teaspoon salt
1 1/2 tablespoons shortening
2 cups warm milk

Directions

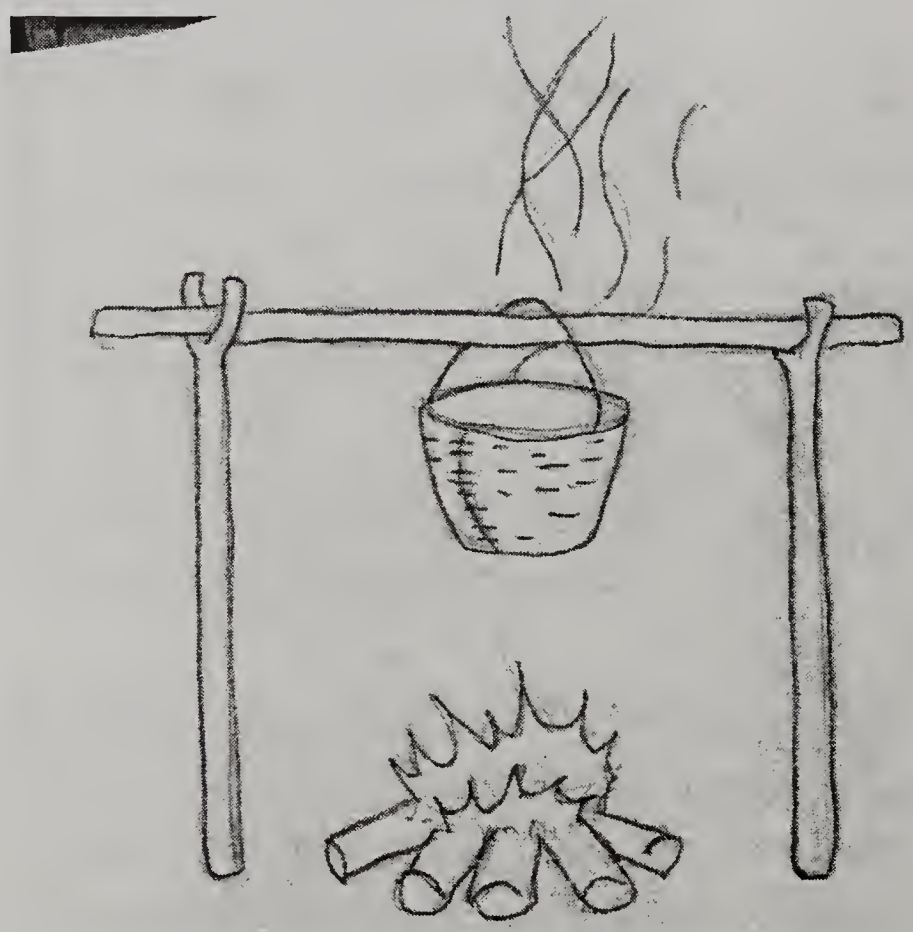
1. Mix all dry ingredients in a bowl.
2. Add shortening. Add milk a little at a time when mixing until it forms a nice dough and doesn't stick to the sides of the bowl.
3. Cover dough with a towel and let rest for 1/2 hour.
4. Place dough in an 8x8" pan forming a loaf and patting evenly. Cut indentations in loaf top 1/4 of the way through bread where you want bread to break off when finished baking.
5. Brush top with milk and bake at 375° F, until golden brown.

Note: Celia says the traditional way this bread was made was outdoors with an open fire made with hardwood. The pan was tilted so coals were behind and heat from the fire was in front of the pan for cooking. The bread was turned as necessary to prevent burning.

Naenapun Bread

Arvilla Leroy, Menominee Stockbridge

Ingredients	Directions
2-1/2 cups sifted flour 2 teaspoons baking powder 1-1/2 teaspoons salt 1 tablespoon sugar (optional) 2 cups water	1. Preheat oven to 400° F. Mix all ingredients well. 2. Bake in 8 1/2 x 10 inch cake pan for 20 minutes.



Sirella's Frybread

Sirella Ford, Bad River Ojibwe

Ingredients

6-8 cups flour
1 1/2 teaspoons salt (quarter size in palm of hand)
1 1/4 cups sugar (two handfuls)
2 eggs
1/4 cup oil
1/2 cup milk
3-4 cups water (luke warm)
2 packages dry yeast with
1 cup lukewarm water (105- 115°F)

Directions

1. Fill mixing bowl 1/2 full of flour, add salt and sugar, mix well. Make a well in the middle of the flour. Mix eggs, oil and milk.
2. In a separate bowl mix the yeast with hot tap water until the yeast is dissolved.
3. Add water to the flour, then add yeast mixture. Stir, make sure flour is wet, not watery. Add left over flour a little at a time.
4. Knead. Let rise until dough doubles in size. Punch down after it doubles. Fry.

HINTS: These amounts are approximate. You may not use all the water or flour.

Casseroles & Hotdishes

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Chicken and Wild Rice Hotdish

Eva Connor, St. Croix Ojibwa

Yield: 6 servings

Ingredients

1/2 cup chopped onions
1/2 cup chopped celery
2 tablespoons vegetable oil
1 cup wild rice, washed and rinsed
10 ounce can chicken noodle soup
10 ounce can chicken broth
1/2 cup water
1 soup can full water
6 (4 ounce) chicken breasts

Directions

1. Preheat oven to 350 ° F. In a small skillet, sauté onions and celery in oil, until tender.

2. Combine wild rice, soups, water, and sautéed vegetables, pour over chicken in buttered baking dish.

3. Bake 1 hour.

Calories per serving:	401
Carbohydrates:	24 gm
Fat:	20 gm
Dietary Fiber:	3 gm
Sodium:	469 mg

Chop Suey

Myrtle Gordon, Red Cliff Ojibwe

Ingredients

1 cup cooked pork
or 1 cup cooked
beef
1 cup chow mein
vegetables
little water
1 pkg dry onion mix
1 can mushroom soup
cornstarch

Directions

1. Mix all ingredients together.
2. Thicken with cornstarch.
3. Serve over steamed rice.

Corn Casserole

Vera Denny, Ho-Chunk

Ingredients

1 can (16 1/2 ounces) whole kernel corn, drained
1 can (16 1/2 ounces) cream style corn
8 1/2 ounce package Jiffy corn bread mix
2 eggs, slightly beaten
1/2 cup melted margarine
1 cup sour cream

Directions

1. Preheat oven to 350° F.
2. In bowl, mix together all ingredients, adding sour cream last.
3. Pour into greased casserole dish. Bake 1 hour.

Gigi's Wild & Wonderful Casserole

Gigi Cloud, Bad River Ojibwe

Ingredients

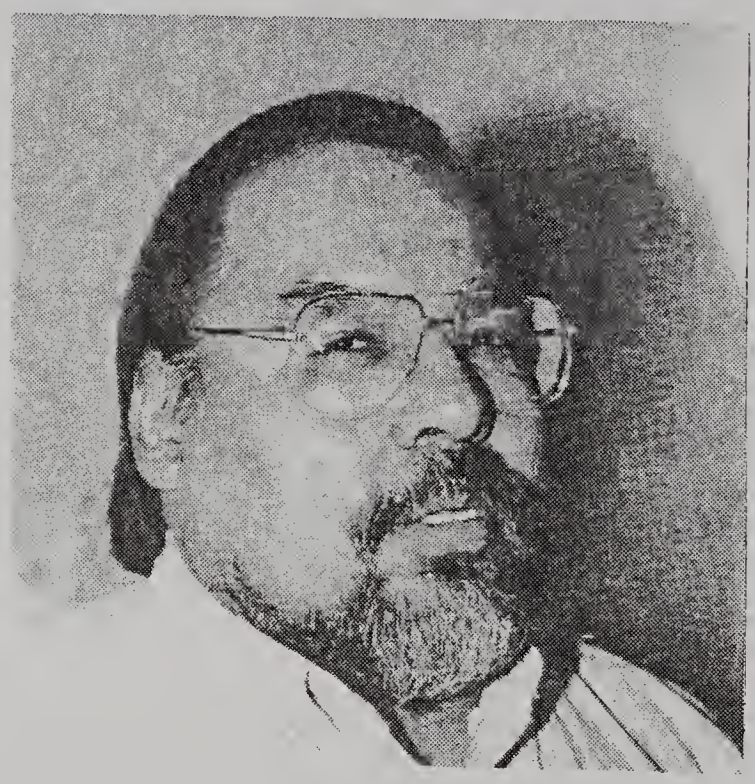
- 1 pound meat (ground beef, pork or cubed venison)
- 3 cloves garlic
- 1 cup chopped onions or scallions
- 1 package mushrooms (fresh)
- 2 cups cooked wild rice
- 1 can cream of mushroom soup
- 1 can milk

Directions

1. Preheat oven to 350° F.
2. Brown meat. Add garlic, onions and mushrooms. Sauté together for about 10 minutes. Drain.
3. Add wild rice, can cream of mushroom soup and milk. Mix well in 9 x 13-inch casserole pan.
4. Bake for 30-40 minutes or until liquid is absorbed.

Judge Soulier's Wild Rice Casserole

Ervin Soulier, Bad River Ojibwe



Ingredients

2 cups Bad River wild rice
7-8 cups water
2 pounds ground beef or venison
1 can cream mushroom soup
1 can cream celery soup
1 can sliced mushrooms, drained
2 cans sliced water chestnuts, drained

Directions

Stove-top directions: Rinse rice. Bring rice and water to a boil in a large kettle, simmer over medium heat. When rice is cooking, brown the ground meat and drain off fat. When the rice is just about finished, remove from heat, mix all of the remaining ingredients in with the rice. Stir well, cover, and let thicken for 15-20 minutes. Eat and enjoy!!

Oven directions: Instead of letting the mixture thicken on the stove, bake in oven for about 30 minutes.

Optional ingredients: onion, fresh mushrooms, fresh celery, beef soup base, etc...

Venison Hotdish

Pete McGeshick, Mole Lake Sokaogon

Ingredients

5 - 8 pounds sliced venison
2 sliced peppers
2 sliced onions
cornstarch to thicken

Directions

1. Add all ingredients to a roaster or slow cooker. Cover and cook on medium for 5 - 6 hours, or until tender.

2. Thicken with cornstarch.

SUGGESTIONS: Serve with rice or noodles.

Wild Rice Casserole

Terry Dalton, Mole Lake Sokaogon

Yield: 6-8 servings

Ingredients

1/2 pound wild rice, washed and cleaned, soaked in water overnight
2 cups carrots
2 cups peas
1 cup chopped onion
2 cups sliced potatoes
4-5 slices bacon or side pork, cut thin

Directions

1. Soak wild rice in water overnight. Preheat oven to 325° F.
2. Combine all ingredients into baking dish with enough water to cover.
3. Bake for 45 minutes to one hour, until tender.

We-sin-in

Calories per serving:	128
Carbohydrates:	18 gm
Fat:	4 gm
Dietary Fiber:	5 gm
Sodium:	342 mg

Wild Rice Hotdish

Marion Reynolds, St. Croix Ojibwa

Yield: 6 servings

Ingredients

1 pound wild rice
2 - 10 ounce cans mushroom soup
1 pound ground beef, browned and drained
1 teaspoon salt
1/8 teaspoon black pepper

Directions

1. Rinse wild rice 4-5 times in cold water. Soak 1/2 hour in enough water to cover rice. Boil or simmer 15 minutes, in water to cover.
2. Stir in other ingredients.
3. Put into oiled casserole dish. Bake at 350° F for 1 hour.

Enjoy!

Calories per serving:	551
Carbohydrates:	61 gm
Fat:	20 gm
Dietary Fiber:	5 gm
Sodium:	1254 mg

Manoomin - Weyaas Anooji

(Wild Rice Meatloaf)

Lac Courte Oreilles Community

Ingredients

4 cups boiled wild rice
1 pound ground beef
1 cup bread crumbs
1 onion finely chopped
3 tablespoons fat
1 teaspoon sage
2 eggs
1/2 cup flour
salt and pepper to taste

Directions

1. Preheat oven to 350° F.

2. Mix all ingredients together and shape into loaf and bake in loaf pan for 1 1/2 hours.

Wild Mush

Theresa Kramer-Belisle, Odanah

Ingredients

2 cups wild rice
1 lb of hamburger
1 can corn
1 can carrots
½ cup zucchini
1 can peas
1 can green beans
1 family size can cream of mushroom soup
1 family size can cream of chicken soup
4 cups instant potatoes

Directions

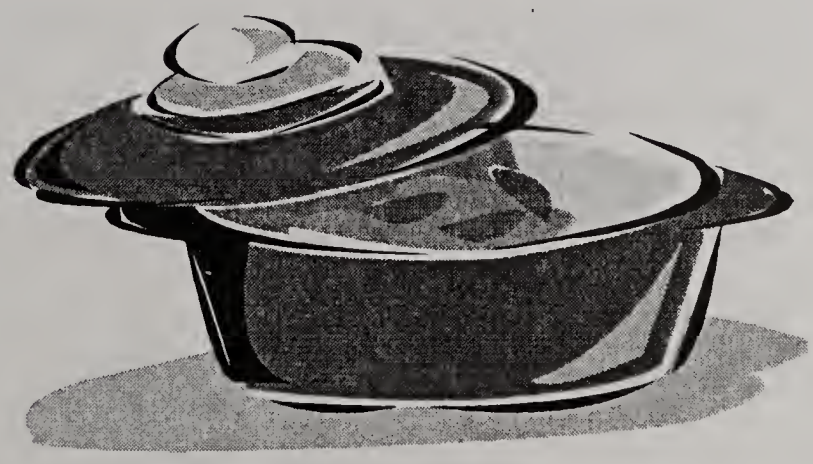
1. Boil about 6 cups of water, then add the raw hamburger.

2. Bring to a boil and add raw wild rice, bring to a second boil and simmer, covered for 15-20 minutes.

3. Put all vegetables in baking dish with hamburger and wild rice, mix the cream of mushroom soup and cream of chicken soup together with the mush.

4. Boil water for the instant potatoes.

5. When done, put potatoes on top of the hotdish and cook at 350 degrees until slightly brown.



Anishinaabe Manoomin Dagonigaadeg

(Wild Rice Tator-Tot Casserole)

Marla Eades, Lac du Flambeau

Ingredients

- 2 pounds venison burger
- 1 chopped medium onion
- 1 1/2 cups sliced fresh mushroom
- 5 cups plain cooked wild rice
- 4 cups fresh cooked green beans or 1 can french style green beans
- 1 can cream of mushroom soup
- 1 can milk
- 1 bag of tator tots, cooked

Directions

1. Brown your venison burger with the onion and mushrooms.
2. Cook your wild rice first, before putting it in casserole.
3. Mix burger, wild rice and green bean together in casserole pan.
4. In another bowl, mix your cream of mushroom soup with one can of milk to make it nice and creamy. Then you pour the soup over the casserole and give it a little mix.
5. After that, you have to cook your tator tots until golden brown, then you use half the tator tots and mix it into the casserole and the other half spread it around on top.
6. Bake at 375° F for 1 hour or until it turns golden brown.

WILD RICE VENISON CASSEROLE

From Sparta Herald and compiled by
Dan Hornet, Odanah

Dredge in flour, 1 pound venison steak, cubed. Brown it in 3 tbsp bacon fat with one cup chopped onions.

Add venison in a 3 quart casserole dish with the following:

1 clove garlic, minced

½ cup chopped green pepper
½ tsp pepper
½ tsp chili powder

2 cups canned chopped tomatoes (rinse with 1/2 cup water)

1 ½ tsp salt (lawry's seasoning is good)

Parboil 3/4 cup wild rice in 1 ½ -2 cups boiling water until almost tender.

Drain and add to the above mixture. Bake at 350 for 1 hour.

Optional: Last 15 minutes of baking, top with ½ cup shredded cheddar cheese.

Wild Game Birds

Roast Partridges 106
Roast Duck with
Wild Rice Stuffing 107

Partridges

Mrs. Mabel Dickie, Menominee

Wash birds well in baking soda water, rinse and dry. Bread stuffing may be used in place of 1/2 small onion in each. Tie legs and wings to body. Place thin slices of salt pork over breast and season with salt and pepper. Bake in oven, baste with drippings occasionally.

(See page 55 for instructions on cleaning a partridge.)

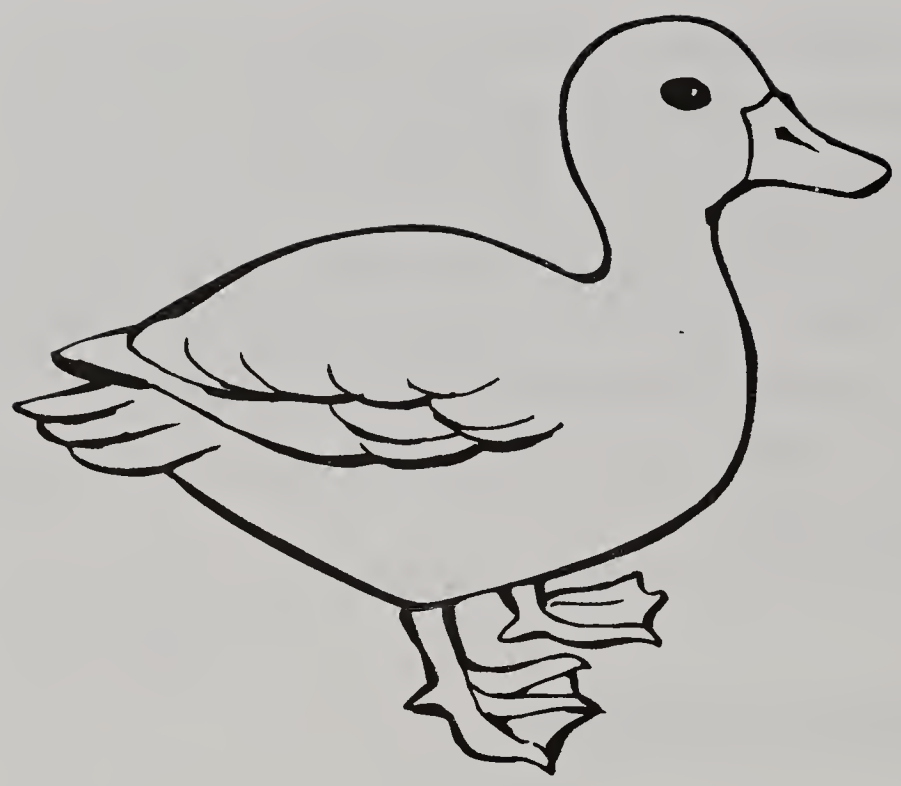
Roast Wild Duck with Wild Rice Stuffing

Mrs. Mabel Dickie, Menominee

Pick and clean wild duck. Rinse well. Rub inside with salt and pepper. Fill duck with stuffing (recipe to follow). Sew up and tie legs and wings close to body. Mix 4 tablespoons of lard and 1 cup of hot water. Pour part of liquid over ducks, cover and bake in hot oven 350° F. Bake until almost done, remove cover and brown.

Stuffing: Wild Rice

Make stuffing of 1 cup cooked wild rice, diced onions and a little salt pork grease. Stuff birds or use a raw potato in each bird if stuffing is not desired.



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Gibozi Ogaa

(Baked Walleye Fillets)

Joe Chosa, Lac du Flambeau Ojibwe

Yield: 4 servings

Ingredients

4 walleye fillets
4 teaspoons melted butter
4 teaspoons lemon juice
1/3 teaspoon salt

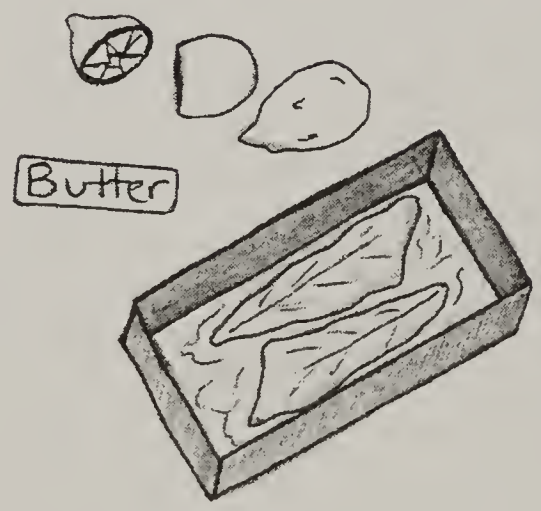
Directions

1. Preheat oven to 350° F. In a jellyroll pan, put walleye fillets side-by-side.

2. Add enough water to just cover the bottom of the pan.

3. Brush each fillet with melted butter and lemon juice, and sprinkle lightly with salt.

4. Bake until fish is milky white, basting periodically with butter and lemon juice.



Serving size:	1 Fillet	
Calories per serving:	175	
Carbohydrates:		0.5 gm
Fat:		5.4 gm
Dietary Fiber:		0 gm
Sodium:		405 mg

Gibozi Namegos
(Baked Trout)

Lac Courte Oreilles Community

Ingredients

4 pounds trout
salt and pepper to taste
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrots
1/4 cup chopped water chestnuts
1/2 cup margarine
1 cup bread cubes
2 tablespoons cream
1 tablespoon parsley
1/2 teaspoon fine herbs
1/4 teaspoon salt
3 tablespoons lemon juice
1/4 cup margarine

Directions

1. Rub fish with salt and pepper.
2. In a skillet cook the chopped onion, celery, carrots, water chestnuts and margarine until tender.
3. Stir in bread cubes, cream, parsley, herbs and salt. Stuff fish and place in a greased dish.
4. In a 400° F oven, bake fish until meat flakes, about 35-45 minutes.
5. Baste frequently with a mixture of lemon juice and margarine.

Baked Whitefish or Trout

Veronica "Babe" Newago, Red Cliff Ojibwe

Ingredients

2 fillets, whitefish or trout
1 onion sliced
butter or margarine
salt and pepper
lemon pepper seasoning (optional)

Directions

1. Get a piece of aluminum foil, big enough to wrap 2 fillets.
2. Place fillets, onions, salt, pepper, and butter on the foil and wrap.
3. Cook the whitefish for about 45 minutes at 350, and cook the trout for about 60 minutes at 350.

Beer Baked Fish

Vivian Robertson, Stone Lake, WI

Ingredients

3 to 5 lb fish
1 lemon, sliced thin
1 sweet onion, sliced thin
butter
salt
pepper
¼ cup beer

Directions

1. Clean fish, make 3 or 5 slashes across fish and rub butter into the slashes.

2. Rub the cavity with butter, salt and pepper.

3. Stuff the fish with ½ of the sliced lemon and onion.

4. Lay out a large piece of foil, spread the foil with the onion and lemon about the same size as the fish. Lay the fish on foil and then place the remaining onion and lemon on top of the fish.

5. Seal tightly in a foil pouch, leaving a small opening at the head. Pour beer into the opening and seal.

6. Bake for 45 minutes to 1 hour at 325 degrees and serve with rice.

Canned Smoked Whitefish or Trout

Geraldine "Jigs" Nelis, Odanah

Just use the fish meat, the skin should be peeled off and discarded. I pack chunks of the smoked fish into small jelly/jam jars, but any size canning jars will work depending on the amount of smoked fish you have.

Make sure the canning jars are sterilized.

Wipe the jar rim with a clean damp cloth, place the lid on and tighten by hand. Place the jars into a pressure cooker and add the recommended amount of water, which is probably a quart of water (large pressure cooker). Lock the lid into place and process at 10 lbs. Pressure for about 90 minutes.

Gigoo Zaasakokwaanuc Waaweyayug

(Fresh Fish Cakes)

Lac Courte Oreilles Community

Ingredients

2 slices bread, broken in pieces
1 cup milk
3 cups flaked cooked fish
1 egg
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon parsley
1/4 teaspoon nutmeg
butter, fat or oil for frying

Directions

1. Soak the bread in the milk and then squeeze out the excess.

2. Mix with remaining ingredients and form into cakes; fry until golden brown.

Fried Walleye

Arvilla Leroy, Menominee Stockbridge

Ingredients	Directions
1 cup Bisquick or biscuit mix 1 teaspoon paprika 1/2 teaspoon pepper 3-6 pounds walleye 2 1/2 cups vegetable oil	1. Combine Bisquick, paprika and pepper. 2. Coat each walleye with dry mixture. Fry in oil until golden brown. 3. Serve hot.

Potato Puff Fish

Vivian Robertson, Stone Lake, WI

Ingredients

1 lb fish fillets
1 egg, beaten
2 tbsp water
¾ cup instant potato flakes
vegetable oil
¼ tsp salt and pepper

Directions

1. Cut each fillet into 4 serving size pieces.

2. Combine egg and water. In a separate bowl, combine potato flakes, salt and pepper.

4. Dip fish into egg mixture, roll in the potato flakes. Deep fry, about 375 degrees for 3 to 5 minutes or til golden brown.

5. Drain on paper towel. Keep warm in 325 degree oven until all fish is done.

Ogaa Waawanoon

(Walleye Eggs)

Ina Valliere, Lac du Flambeau Ojibwe

Carefully fillet walleye so that egg sack does not rupture. Lightly spray eggs with water to remove blood and guts.

Coat egg sacks in mixture of flour and seasonings of your choice.

Preheat enough oil to cover bottom of pan.
Carefully put eggs in pan on low heat and cover.
Fry on each side until golden brown.

Game Animals And Other Animals

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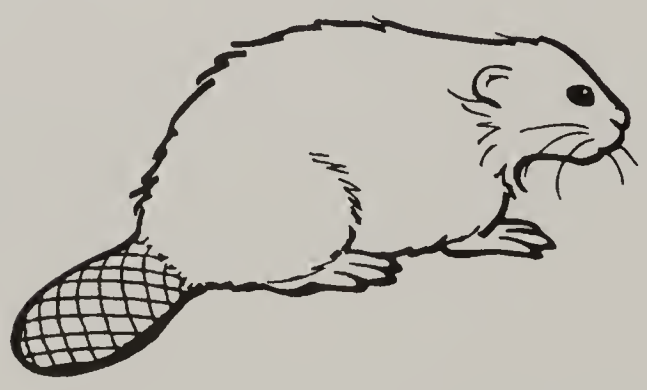
Baked Beaver

Mrs. Catherine Hawpetoss, Menominee

Cut meat into serving pieces, parboil in baking soda. Wash thoroughly. Roll in flour, fry until brown. Put in roaster with aluminum foil. Add two bay leaves, four apples, four carrots and four potatoes. Also add fried onion. Pour one can brown beef gravy over all. Bake in moderate oven. Be sure and use aluminum foil and cover until almost done, then uncover and allow to brown.

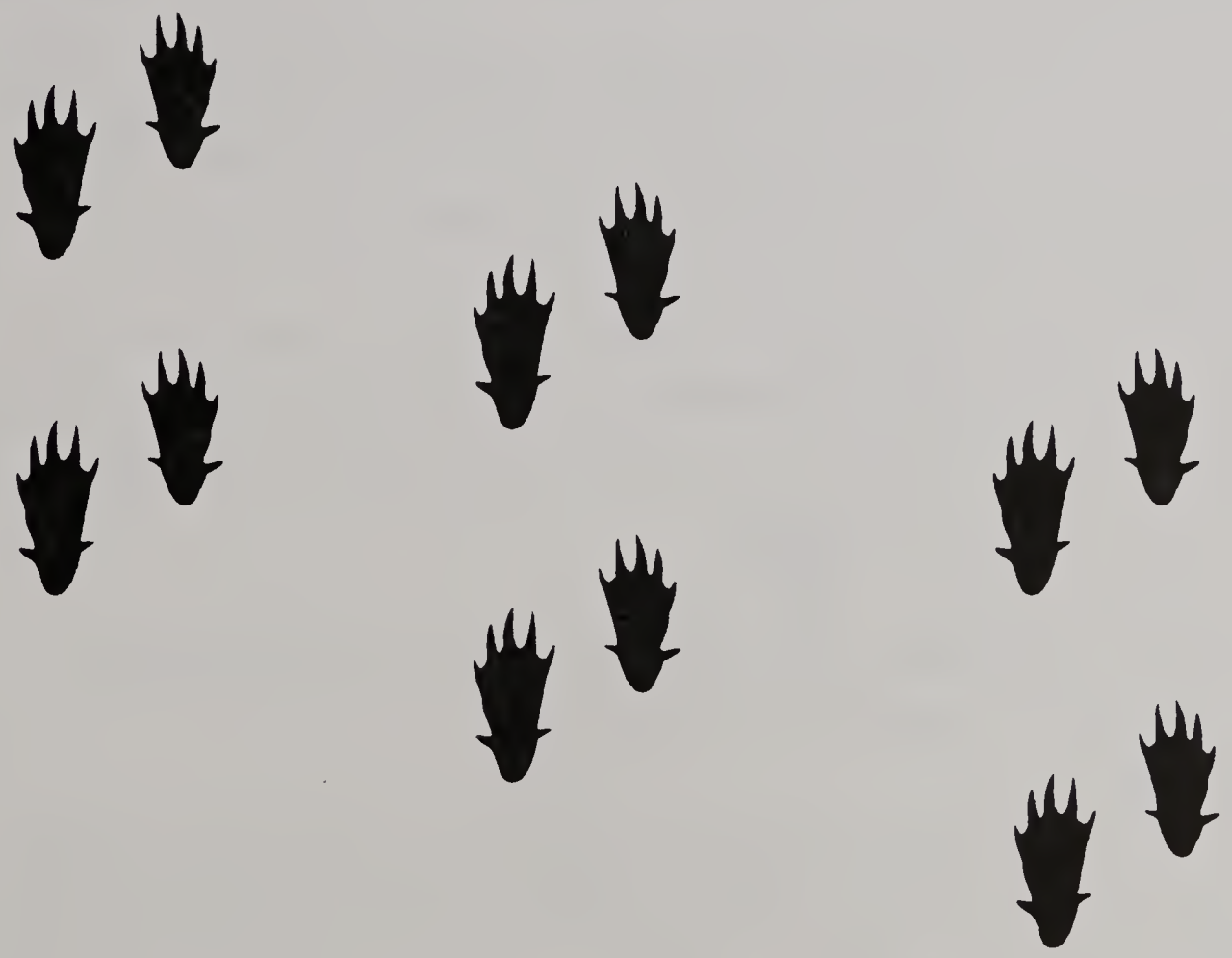


Gibozi Waazhusk

(Baked Muskrat)

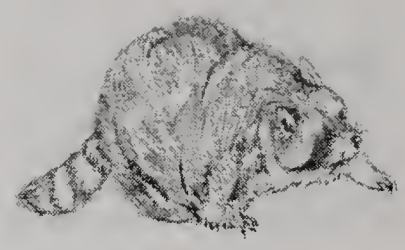
Lac Courte Oreilles Community

Ingredients	Directions
1 muskrat 1 medium size onion-sliced salt 3 strips bacon 1/2 cup water	Clean* and parboil muskrat for 1/2 hour. Place onion slices on top, salt lightly, cover with bacon strips. Add water and bake in open pan for 30 minutes at 350° F.



* To clean muskrat you must remove glands. They are small, black and pea like. They are located under arms, in neck, between hind legs and paws. Inspect meat and be sure they are all removed or the meat will taste bitter.

Baked Raccoon



Lucy Cuish, Stockbridge-Munsee
Yield: 4 servings

Ingredients

1-2 pound raccoon
water to fill pan
1 bay leaf
1 teaspoon salt
1 teaspoon black pepper
1 apple
2 strips salt pork

Directions

1. Trim off all fat and remove kernels (glands) from the raccoon. (See page 131 for further directions.)

2. Place raccoon in roasting pan, fill half full of water. Add bay leaf. Cover pan and parboil about 30 minutes.

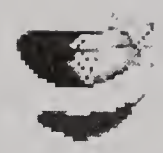
3. Preheat oven to 325° F.

4. Remove raccoon and save the broth. Rub salt and pepper on raccoon, using a little more pepper than usual.

5. Cut apple in half and place inside raccoon. Pin salt pork on the outside with toothpicks, in such a manner that the fats will flow over meat.

6. Bake for about 1 1/2 hours; until golden brown and tender.

7. Baste occasionally with some of the broth and pork fat which has been added to the roaster.



Can Chicken/Frozen Chicken Dish

Wendy Fletcher

Boil frozen chicken until completely cooked. Remove the chicken from the broth and set aside to cool.

Noodles – 2 eggs per 1 cup of flour, 1 tsp salt. Mix together and roll out on a table, let sit for 1 or 2 hours. Fold and cut into noodles (1/2 inch wide).

Add one bag of carrots, 1 large onion to broth and boil until vegetables are tender. Add the chicken and noodles. Cook over medium heat for about 45 minutes or until the noodles are done.

Note: If using can chicken, you don't need to boil the chicken first.

Fried Squirrels

Mrs. Alma Delabreau, Menominee

Wash and clean 2-3 squirrels. Put in pressure cooker with water and onions (3-4). The cooker should be half full. Close tight. Cook for 1/2 hour. (Follow directions on your particular pressure cooker). Remove from cooker and brown in cooking oil.

Fried Wild Rabbit

Mrs. Mabel Dickie, Menominee

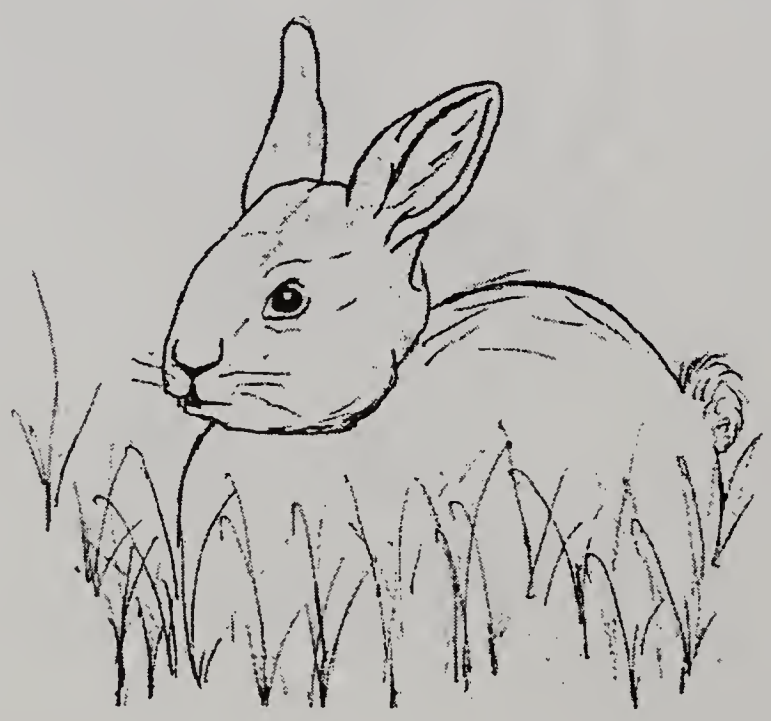
Clean and wash rabbit thoroughly. Put into boiling water to which salt and onions have been added. Boil 10 minutes. Remove and drain. Season with salt and pepper and fry until brown. Remove rabbit and thicken drippings with a spoonful of flour, add water and let simmer a few minutes. Serve with rabbit.

Hunter Style Rabbit

Christina Sipla and Tom King, Ho-Chunk

Ingredients	Directions
2 cleaned rabbits	1. Preheat oven to 350° F. Brown meat in oil.
1-2 teaspoons oil	
1 1/2 large onions, chopped	2. Place meat in a roasting pan with the onions and tomato juice, and wine, water, or broth.
1 1/2 cups tomato juice	
1/2 cup red wine, broth, or water	3. Roast for one hour or until tender.
salt and pepper to taste	SERVING IDEAS: Serve with steamed carrots and baked potatoes. Roast potatoes in oven with meat for last 45 minutes of cooking.

VARIATION: May use 3 squirrels in place of rabbits.



Oven Fried Chicken

Mary Duffy, Red Cliff, Ojibwe

Ingredients

1 whole chicken, cut up in pieces
1 cup flour
1 tbsp parmesan cheese
1 tsp salt
1 tsp pepper
2 tbsp instant potato flakes
1 tsp natural seasoning

Directions

1. Mix together all ingredients except chicken.
2. Coat a cookie sheet with low fat oil.
3. Coat chicken with the flour mixture.
4. Put chicken on the cookie sheet and bake at 350 degrees for 1 hour, turning chicken over once during that hour.

Porcupine

Mrs. Iva Basina, Menominee

Soak dressed and well cleaned porcupine in salt water overnight. Rinse and boil 20 minutes in water to which 1 teaspoon baking soda has been added. Drain, put in fresh water with onion and boil 10 minutes.

Remove from kettle. Porcupine may be cut up to be fried or roasted in oven with strips of bacon and onions, salt and pepper to taste. Add a little water from time to time to keep from drying out. Keep covered and roast until brown and tender.

Pork Patties

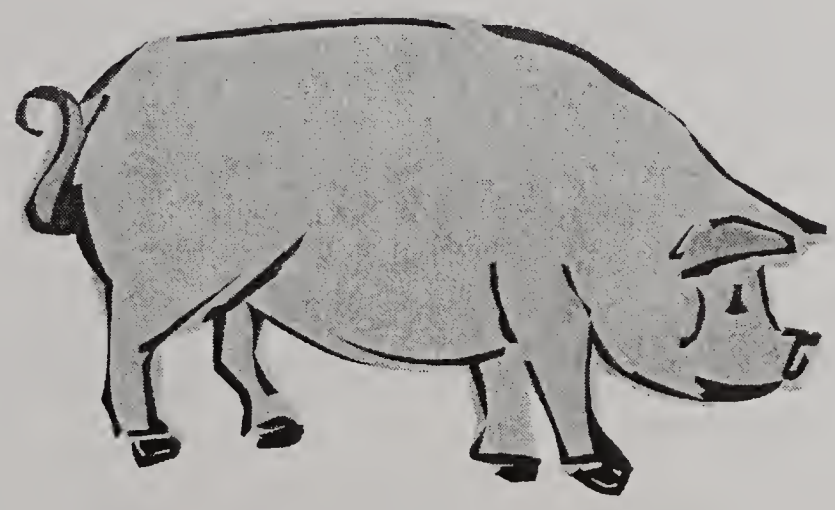
Myrtle Gordon, Red Cliff Ojibwe

Ingredients

1 cup pork
1 pkg dry onion mix
1 cup dry potato flakes
1 egg

Directions

1. Mix all the ingredients together.
2. Make into patties and then fry.



Rabbit

Christina Sipla and Tom King, Ho-Chunk

Ingredients

2 cleaned rabbits
1-2 teaspoons oil
1 1/2 large onions, chopped
3-4 medium to large potatoes, sliced
8 carrots, cut up
1 1/2 cups water

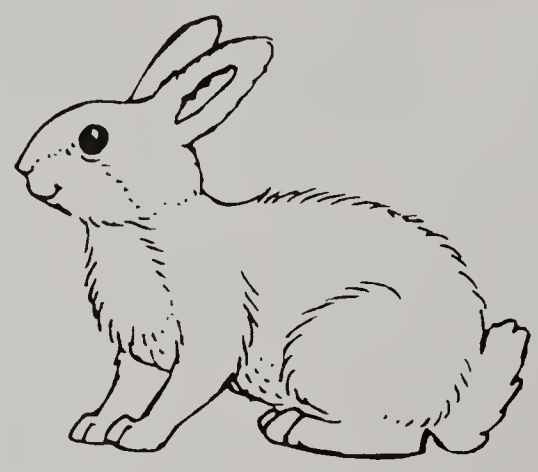
Directions

1. Preheat oven to 350° F. Brown rabbit in frying pan, with a small amount of oil.

2. Place meat in a roasting pan with onions, potatoes, carrots, and water. Salt and pepper to taste.

3. Roast for one hour or until tender.

VARIATION: May use 3 squirrels in place of rabbits.



Raccoon

Christina Sipla and Tom King, Ho-Chunk

Ingredients

1 medium to large raccoon
1 1/2 teaspoons pickling spice

Directions

1. Skin raccoon.

2. To clean raccoon you must remove glands. They are small, black and pea like. They are located under arms, in neck, between hind legs and paws. Inspect meat and be sure they are all removed or the meat will taste bitter.

3. Preheat oven to 350° F.

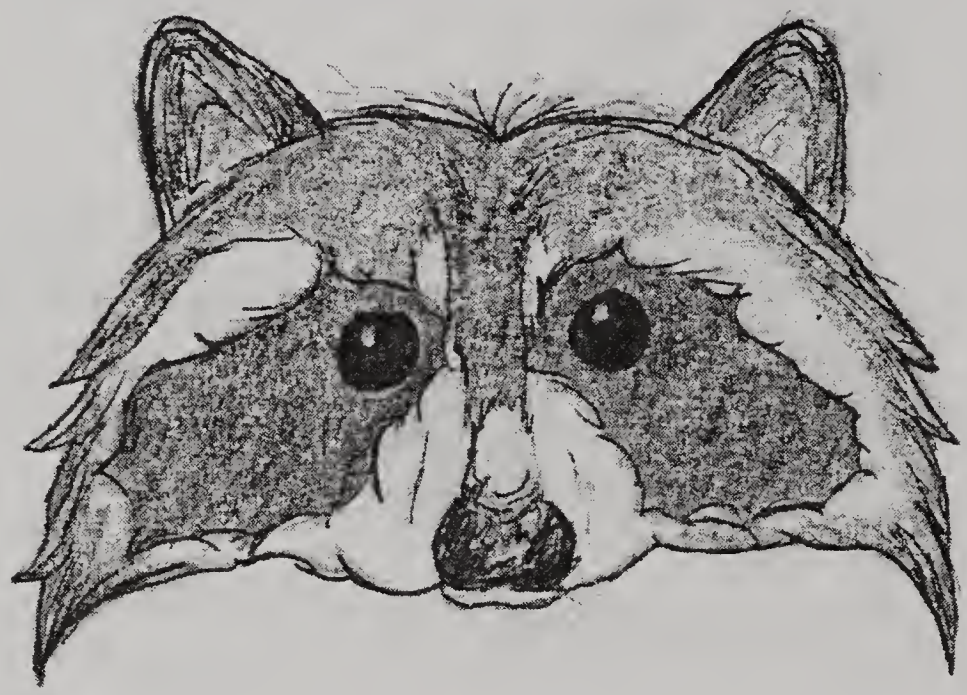
4. Rub pickling spice on or inside raccoon, whichever is preferred. Rubbing on meat will give a stronger taste.

5. Place raccoon in roasting pan with a small amount of water.

6. Bake raccoon for 1 to 1 1/2 hours or until tender.

Roast Coon

Mrs. Mabel Dickie, Menominee



After coon has been dressed, wash well and soak in salt water and baking soda over night. Wash and parboil in salt water until tender. Put in roasting pan, smother with onions, add 1/2 cup water and salt pork grease. Season with salt and pepper. Bake in hot oven until brown.

Roast Raccoon with Dressing

Lucy Cuish, Stockbridge-Munsee
Yield: 6 servings

Ingredients

1-2 raccoons
water to fill pan
1 cup red wine vinegar
1 tablespoon salt
1 teaspoon pepper
1/2 teaspoon ground basil
1 cup chopped onion
1 cup chopped celery
1/4 cup butter
6 oz package prepared poultry dressing
2 strips salt pork, sliced thin

Directions

1. Remove fat and kernels (glands) from the raccoon. (Directions on page 131) Place the raccoon on a rack in a large roasting pan.

2. Fill roasting pan half full of water. Add remaining ingredients: vinegar, salt, pepper and sweet basil. Parboil for about 30-45 minutes (in oven or stove). This will tenderize the toughest raccoon.

3. While raccoon is cooking, sauté onion and celery in butter until tender. Thoroughly mix with prepared poultry dressing.

4. Place the stuffing inside the cavity of the raccoons, as you would poultry. Place salt pork on the outside in such a manner that the fat flows over the meat.

5. Bake at 325° F for 2-2 1/2 hours, until brown and tender.

Calories per serving:	732
Carbohydrates:	41 gm
Fat:	37 gm
Dietary Fiber:	1.5 gm
Sodium:	2204 mg

Makwaa Weyaas

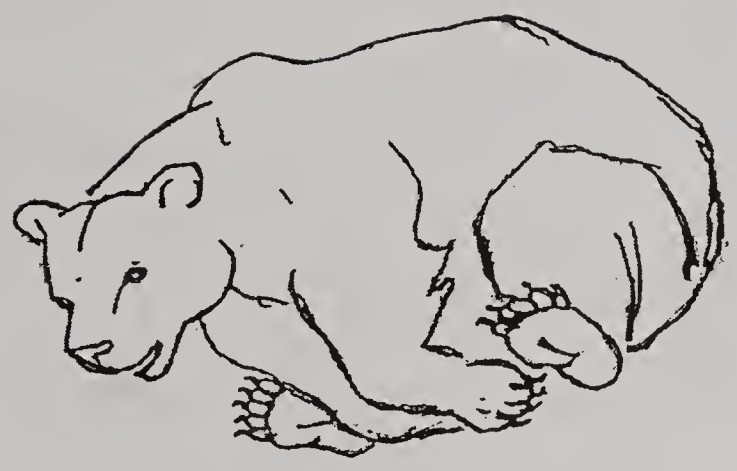
(Wild Bear Steak)

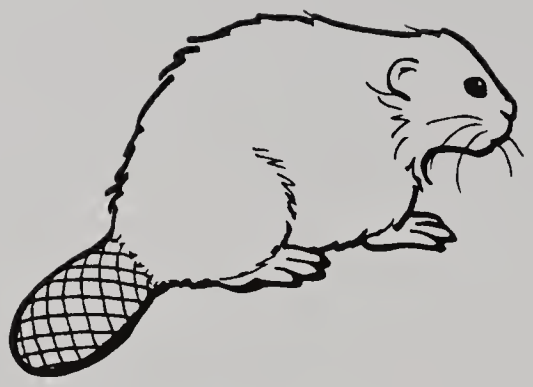
Lac Courte Oreilles Community

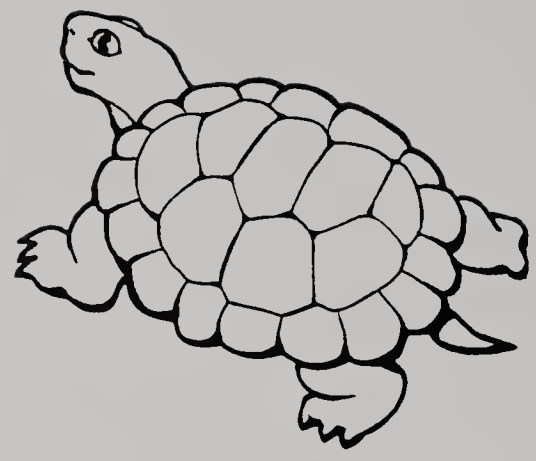
Ingredients	Directions
marinade*	1. To make the marinade, sauté onion, carrots and celery in the oil until tender. Add remaining ingredients and simmer for 20 minutes.
2 bear steaks, 1-1/2 to 2 inches thick	
1/2 cup butter	
1/4 cup chopped chives	2. Trim fat from steaks. Place in bowl and pour cooled marinade over meat. Refrigerate for 2 days, turning meat several times. Drain and pat dry.
1 tablespoon dijon mustard	
3 tablespoons tomato paste	3. Place butter in saucepan and melt over low heat. Add remaining ingredients and stir until well blended.
1 teaspoon worcestershire sauce	
1 clove garlic, minced	4. Broil steaks, basting constantly with butter and chive mixture, until done.
salt	
fresh ground pepper	5. Serve steaks on a plank, surrounded by mashed potatoes, corn niblets and tomato halves.

Con't.

*Marinade:
1 medium onion,
chopped
3 carrots,
chopped
1 rib celery,
chopped
1/3 cup vegetable
oil
3 cups beef
bouillon
1 cup vinegar
8 black
peppercorns
1 whole clove
1 large bay leaf
1/2 teaspoon
thyme
1 teaspoon
marjoram
1 teaspoon salt







Venison

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Jerky Venison 141

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Venison in Barbecue Sauce 143

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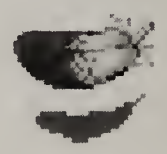
Venison Steak Temptation 146

Canned Venison

Ruth Holmes, St. Croix Ojibwa

Cut up venison and brown in oven until red is out. Add a little salt. Pack into clean, sterilized jars. Pressure can 50 minutes. I can 50 quarts per year so we can have winter meats. Then when I open a jar, I drain off the liquid and make gravy using flour and water. Add the meat to the gravy, a little onion and garlic. My family loves it.

NOTE: Ruth and Joe Holmes Sr. and family harvest and sell wild rice in Danbury. Their rice cooks up fast and is delicious.



Canned Venison/Green Peppers

Geraldine "Jigs" Nelis, Odanah

Place sliced or chunk venison into a Nesco or roaster, add water to cover meat, add salt/pepper and ½ or a whole bottle of Kitchen Bouquet. Cook until tender, if you have large pieces of meat, take out and slice smaller. Add 10 to 12 sliced green peppers.

Have your sterilized canning jars/lids ready. Put the venison meat and peppers into the jars and pack the meat down using a wooden spoon, until filled; add some of the hot liquid from the roaster to cover the meat within ½ inch from the top of the jar. Wipe the jar rims with a clean damp cloth, place the lids on and tighten by hand. Place the jars into the pressure cooker and process at 10 lbs. Pressure for 90 minutes.

I usually can one and/or two deer, using different recipes, when I can.

Fresh Venison

Ruth Holmes, St. Croix Ojibwa
Yield: 10 servings

Ingredients

3 pounds venison steak
1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon oil
1 cup water or additional may be added if meat becomes dry

Directions

1. Preheat oven to 350° F.
2. I like to cut meat like steak. The tenderloin along the back is very tender. Dip in flour, salt, and pepper.
3. Brown in frying pan with a little bit of oil, just enough to prevent sticking. Brown on both sides.
4. Put into cast iron Dutch oven pan. Add a little bit of water. Bake one hour, or until tender.

SERVING SUGGESTIONS: My family likes this with gravy, thickened with flour and water. Also with wild rice or potatoes, cranberry sauce and fry bread. The family can just smell the cooking and they come on over.

Calories per serving:	241
Carbohydrates:	5 gm
Fat:	5 gm
Dietary Fiber:	0 gm
Sodium:	307 mg

Grilled Venison Tenderloins

Vance Persall

Wash and trim the tenderloins well.

Rub with white pepper, garlic and salt.

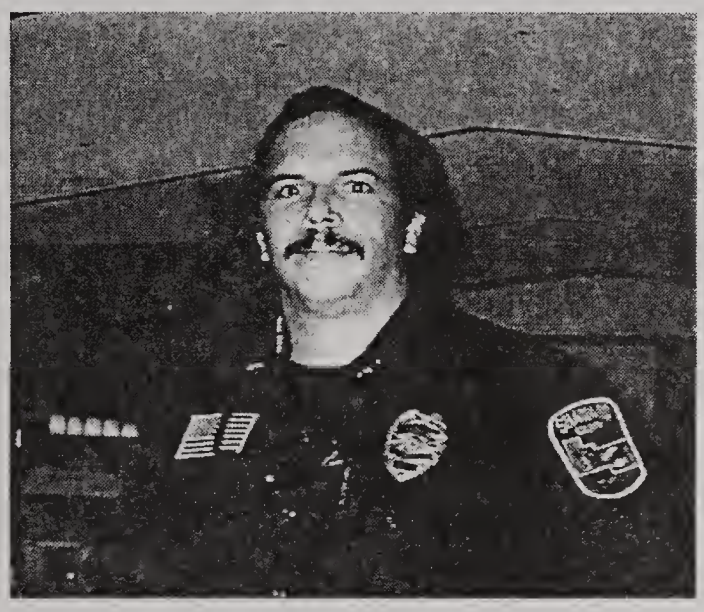
Make a sauce of commercial barbeque sauce, honey and lemon pepper seasoning and marinate the tenderloins.

Roll the tenderloins up in foil and place it on the back of the grill.

Cook slowly at a low flame.

Jerky Venison

Joe Miller, Stockbridge-Munsee



Ingredients

- 1 pound venison (hind quarter) partially frozen
- 1/2 cup soy sauce
- 1/4 cup worcestershire sauce
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/4 teaspoon liquid smoke

Directions

1. Slice venison with the grain of the meat. Slices should be about 1/3 inch thick.
2. Add all ingredients into a bowl, marinate in refrigerator overnight making sure to rotate meat.
3. Line bottom of oven with foil. Place strips of meat on oven racks.
4. Cook in 200° F oven for 4 hours, then turn oven to warm and cook an additional 4 hours. Meat should be firm, if meat is soft it is not yet done.
5. Let cool, place in a plastic bag or store to your convenience.

Saucy Venison Meatballs

From Sparta herald and compiled by Dan Hornet

Ingredients

Meatballs

1 lb ground venison
1 can evaporated milk
1 pkg onion soup mix
1 ½ tsp worchester-shire sauce
½ cup chopped water chestnuts

Sauce

2 cups ketchup
1 cup brown sugar
1 tsp worchestershire sauce
1 tsp prepared mustard

Directions

1. Mix all meatball ingredients well.
2. Roll into balls and place in a casserole dish.
3. Combine all sauce ingredients, mix until smooth.
4. Pour over meatballs.
5. Bake at 350 degrees for about 40 minutes. Remove from oven.
6. Sprinkle ½ cup fresh parmesan cheese, grated, over meatballs.
7. Serve with mashed potatoes, noodles or rice.

Venison in Barbecue Sauce

Lucy Cuish, Stockbridge-Munsee

Yield: 12 servings

Ingredients

- 3 1/2 pounds of leftover venison roast shredded or cut into serving pieces
- 2 cups open pit barbecue sauce with onions
- 1 large onion, chopped
- 1 chopped garlic clove
- 3 tablespoons liquid smoke (more if desired)
- 8 oz can tomato sauce

Directions

1. Preheat oven to 350° F.
2. Place meat in a baking dish.
3. Mix remaining ingredients, pour over meat.
4. Place meat in oven, cook slowly for about 1 1/2 hours.
5. Serve hot on warmed sandwich buns.

Calories per serving:	274
Carbohydrates:	15 gm
Fat:	4 gm
Dietary Fiber:	0.5 gm
Sodium:	742 mg

Venison Pasties

Sharon Nelis, Bad River Ojibwe

Ingredients

- 1 - 2 pounds venison stew meat or any of the tougher cuts (diced or cubed small)
- 1 medium onion, diced
- 1 small rutabaga, diced
- 3 carrots diced small
- 1 celery stalk diced small
- 4-5 potatoes diced small
- 1 beef bouillon cube
- 1/2 teaspoon garlic
- salt and pepper to taste
- flour
- ready-made pie crust or your own pie crust

Directions

1. Place the stew meat, onion, rutabaga, carrots, celery, potatoes, bouillon, garlic, salt and pepper into a large pot. Add enough water to boil as a stew for 2-3 hours until meat is very tender. Make sure to add water as the stew boils at a medium heat.

2. Mix flour and water in a small bowl until all lumps are gone. A whisk is great for this. Flour mixture should have a gravy consistency. Pour flour mixture into stew to thicken. Let cool for about 40 minutes.

3. During stew cooling, prepare pie crust. Flour table lightly, roll out a small amount of crust into a circle. Spoon in a small amount of stew on one side of circle. Stew should have thickened up and should not run off crust. Fold over pie crust to cover stew. With a pastry brush, use egg mixture to seal edges of pasty. Use a floured fork to press edge of half circle. With pastry brush again, lightly brush the top of pasty with egg mixture. With fork, puncture several areas on top of pasty to let steam out.

Venison Pasties (con't)

1 egg mixed with one tablespoon water

4. With a floured pancake turner, lift pasty onto an ungreased cookie sheet. Bake at 350°F for 45 minutes to 1 hour until top of pasty is lightly browned. Depending on how small or large your pie circles are will depend on how many pasties you will have. Some seepage may occur during baking.

SUGGESTIONS: This recipe stretches a long way and may be prepared ahead of time and frozen.

Venison Steak Temptation

From Spart Herald and compiled by Dan Hornet

Ingredients

2 large venison steaks
½ cup vinegar
1 tsp salt
2 tbsp chopped parsley
2 tbsp worchestershire sauce
4 ounces roquefort cheese
1 medium onion chopped
½ tsp tabasco sauce
2 tbsp lemon juice
4 tbsp butter

Marinate steaks in mixture of vinegar, salt and enough water to barely cover meat for 12 hours in the refrigerator.

To prepare sauce, blend all other ingredients thoroughly with a wooden spoon until a firm paste results. Rub steaks with butter and broil rapidly under a hot flame. When almost done , remove and coat each side with paste.

Return to broiler, two inches from flame , for ½ minute. Serve immediately.

Fruits, Desserts and Misc.

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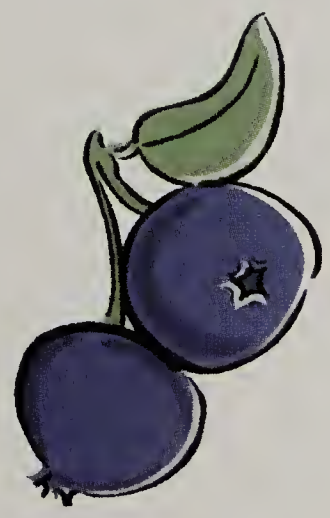


Aunt Flo's Blackberry Pie

Florence Mieloszyk, Bad River Ojibwe

Make you own pie crust or buy the ready made.
You will only need a single pie shell to fill.

Buy or pick fresh blackberries
About 4 to 6 cups.

Use "Junket" brand Danish Dessert pudding
pie filling glaze.

Follow the pie glaze direction.

Place 2 to 4 tablespoons of glaze on the bottom
of the pie crust.

Fold berries into remaining glaze and pour
into the pie shell and cool for 3 to 4 hours.

Serve with or without whipped topping.

Also, you can substitute strawberries for the blackberries and then use the raspberry flavor pie glaze.

Blueberry Coffee Cake

Vivian Robertson, Stone Lake, WI

Ingredients

1 ½ cup sugar
½ cup oil
2 eggs
1 cup milk
3 cups flour
4 tsp baking powder
1 tsp salt
3 cup blueberries
fresh or frozen
4 tbsp butter
¼ cup brown sugar
4 tbsp flour
3 tsp cinnamon
¾ cup finely
chopped nuts

Directions

1. Place sugar, oil, eggs and milk in a bowl. Mix well.

2. Sift 3 cups flour and set aside ¼ cup. Sift in baking powder and salt, mix in the liquid ingredients.

3. Mix the blueberries with the reserved ¼ cup of flour. Fold into the mixture by hand.

4. Pour into a lightly greased bundt pan or a 9 x 13 pan. Combine the last 5 ingredients and spread over cake patting down gently.

5. Bake at 350 degrees for 30 minutes.

Cranberries

Ruth Holmes, St. Croix Ojibwa

Sometimes the boys gather cranberries or I purchase a 20 pound box from the local cranberry marsh. I can them without sugar. I do about 30 quarts a year -- our winter supply.

Crazy Cake

Myrtle Gordon, Red Cliff, Ojibwe

Ingredients

3 cups flour
2 cups sugar
3/4 cup oil
1/3 cup cocoa
1 tsp salt
1 tbsp vinegar

Directions

1. Mix all ingredients together.
2. Put into a 9 x 13 pan and bake at 350 degrees for 30 minutes.
3. Take out and cool and then frost.

Fruit Cole Slaw

Ingredients

½ head shredded cabbage
1 16 oz can fruit cocktail, drained
½ cup honey
1 sliced banana
½ tsp salt
1/8 tsp pepper
3 tbsp sliced almonds (optional)
¼ cup vinegar

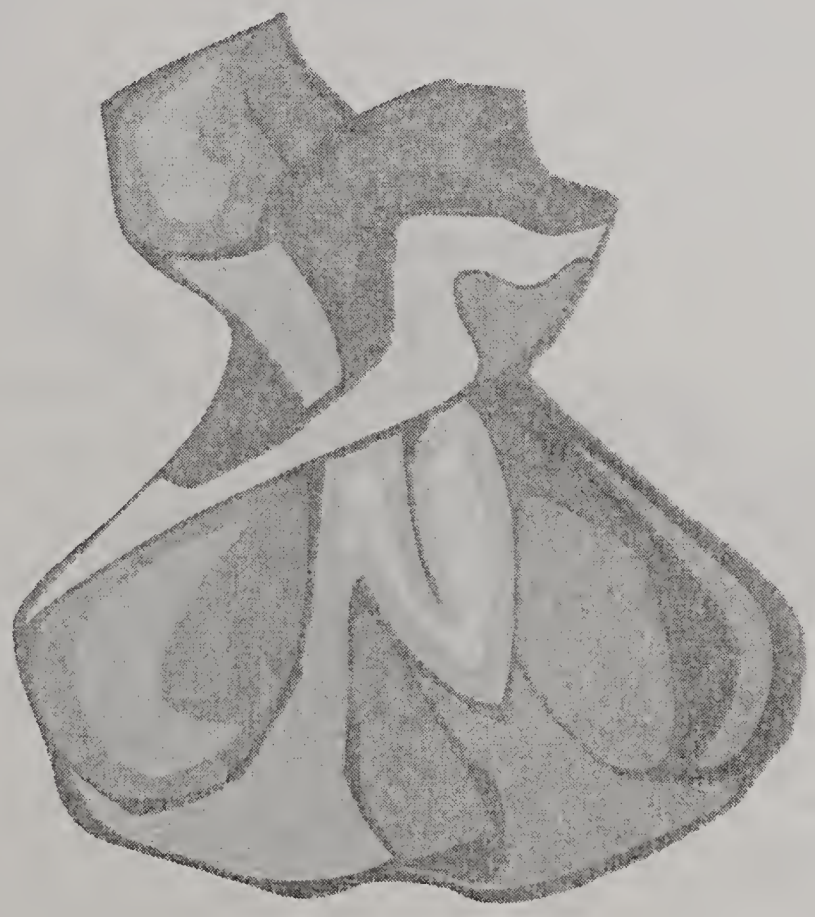
Directions

1. Shred the cabbage.
2. Combine all ingredients in a large bowl.
3. Serve and enjoy.

Maple Sugar Candy

Gi-way-din-o-ginew, Red Lake Ojibwe

Cook 32 ounces (1 quart) maple syrup in a deep pan over medium heat until the temperature reaches 248 degrees on a candy thermometer. If foaming occurs, put a very small dab of butter or margarine into the boiling mixture. When temperature reaches 248 degrees, remove from heat and cool until bubbles stop forming, approximately 1 minute. Beat mixture (still in pan) with mixer until the color begins to lighten and it takes on a glossy appearance, approximately 2 minutes. Immediately pour mixture into molds or a flat pan lined with wax paper: cool completely. Makes about 30 pieces, weighing about 1 oz each.



Quick Maple Upside-down Pudding

Lac Courte Oreilles Community

Ingredients

1 cup maple syrup
2 tsp baking powder
1 tbsp butter or
margarine
¼ tsp salt
3 tbsp brown or
maple sugar
1 cup sifted flour
1 egg
½ cup milk

Directions

1. Heat maple syrup to boiling and pour into bottom of a buttered baking dish.

2. Cream shortening; add sugar and cream together until fluffy.

3. Sift flour, baking powder, salt and add alternately with milk in small amounts beating well.

4. Pour batter into hot syrup and bake at 420 degrees for 25 minutes, turn upside down onto a serving plate and garnish with chopped nuts and whip cream. Or you can just serve it in a bowl like pudding with nuts.

Round Cream-Style Candies

Ingredients

1 cup maple sugar
1 cup brown sugar
¼ cup water
¼ tsp almond extract
walnut meats

Directions

1. Cook sugars and water together to 240 degrees (soft ball stage), add almond extract.

2. Cool to lukewarm, then beat vigorously until creamy-firm.

3. Knead on cold, smooth surface until smooth.

4. Form into small balls and press a walnut half into each ball and serve.

Wild Rice

Ruth Holmes, St. Croix Ojibwa

My family likes the very first rice, when it comes off the stalks. It's broken and it cooks faster than the whole kernel. Wash one cup wild rice. Just bring to a boil, turn off heat, cover and let it steam. My family likes wild rice chewy. I serve it plain with chicken broth (cooked in the broth), butter and salt.

Wild Rice Salad

Phyllis Wyse, Red Cliff Ojibwe

Ingredients

2 cups cooked wild rice
1 tbsp lemon juice
2 stalks celery, chopped
¼ cup salad dressing, (miracle whip)
2 large apples, unpeeled and diced
1 tbsp brown or maple sugar
½ cup plain non-fat yogurt

Directions

1. Toss apples with the brown or maple sugar and lemon juice.
2. Stir in celery and rice.
3. Blend together yogurt and salad dressing.
4. Toss with salad ingredients and chill.

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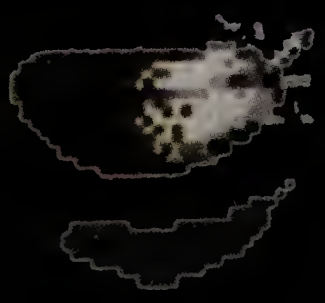

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